

# Drink Less, Live More!

**ALCOHOL  
FOCUS  
SCOTLAND**

**Cutting down your alcohol use, even just a little, can come with a huge array of health and other benefits. Here are our top tips for cutting down:**

**One of the best ways to reduce your drinking is simply to have several alcohol free days per week.**



**Drinking water or a soft drink between drinks can cut down your consumption**



**Switching to lower strength drinks means you can still have a couple of drinks but consume less alcohol**



**Is it the alcohol we love, or fun times with our friends? Why not try a new activity with your mates?**



**Get more tips on cutting down and safer drinking by visiting [alcohol-focus-scotland.org.uk](http://alcohol-focus-scotland.org.uk)**

**Worried about your own or someone else's drinking?  
Drinkline can provide advice: 0800 731 4314  
Mon-Fri, 9am to 9pm  
Sat-Sun, 10am to 4pm**

