

# MIND YOUR HEAD



HOW TO CUT DOWN ON ALCOHOL, WHEN YOU'RE OUT...

## 1. Beware of rounds

Drinking in rounds may be an Irish tradition, but they can be expensive, dangerous. Stay in control (and save cash) by opting for smaller rounds with only a couple of friends within your group or giving rounds a miss.

2. After-the-pub grub is another drinking tradition, but why wait until the night's nearly over to load up on fast food? A healthy meal before you go out, and snacks between drinks can help to slow down the absorption of alcohol and so helps you stay in control

## 3. Small is better

Make the daily unit guidelines go further by having bottles of beer or halves instead of pints and choosing a smaller glass for your wine.

## 4. Make space

Sipping a soft drink between alcoholic drinks slows down the rate of your drinking and means you'll drink less over the course of the evening. If you're out clubbing, take a bottle of water out with you on the dancefloor.

But beware, some people don't like to have their drinking behaviour challenged, so be prepared to defend your decision by remembering the benefits that cutting down on alcohol brings.

