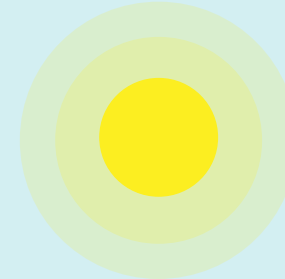


# Summertime Slowdown

## 5 TIPS TO REDUCE ALCOHOL THIS SUMMER



# 1

### PLAN AHEAD

Set a limit on the number of alcoholic drinks you will have. Deciding in advance helps you stick to that number.

Just 1 drink today.

# 2

### KEEP TRACK

Increase your mindfulness and track how much you are drinking.

Use an app, journal, notes page in your phone, or tracking form. Find a system that works best for you.

# 3

### STAY HYDRATED

Have a non-alcoholic drink first and in between alcoholic drinks.

Try taking 30-60 minutes in between alcoholic drinks. Space them out by having water with lemon, sun tea, or a mocktail.

# 4

### KNOW YOUR NO

Practice how you will refuse drinks:

- "No thanks, I'm good for now."
- "No thanks, I am driving."
- "I would love a water instead."

# 5

### CREATE A NEW ROUTINE

Look at changing up your free time by engaging in a new hobby or pastime.

If an alcoholic drink was the way you unwind after work, instead try taking a walk, playing with your dog, or reading a book.



Find tracking diary, tasty non-alcoholic "mocktail" recipes and more resources at:

[mhealthy.umich.edu/saferdrinking](https://mhealthy.umich.edu/saferdrinking)

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