



Benefits of reducing your drinking

Cutting back on alcohol can have positive effects on the way you look and feel – often within just a few days and you'll be reducing your long-term risks of serious illnesses, such as cancer, at the same time.

Some of the potential benefits of cutting down are:

Psychological / Social / Financial	
Improved mood	Reduced risk of drink driving
Improved relationships	Save money
More time for hobbies and interests	

Physical	
Sleep better	Reduced risk of high blood pressure
More energy	Reduced risk of cancer
Lose weight	Reduced risk of liver and brain disease
Reduced risk of injury	
Improved memory	
Better physical shape	

Alcohol Awareness

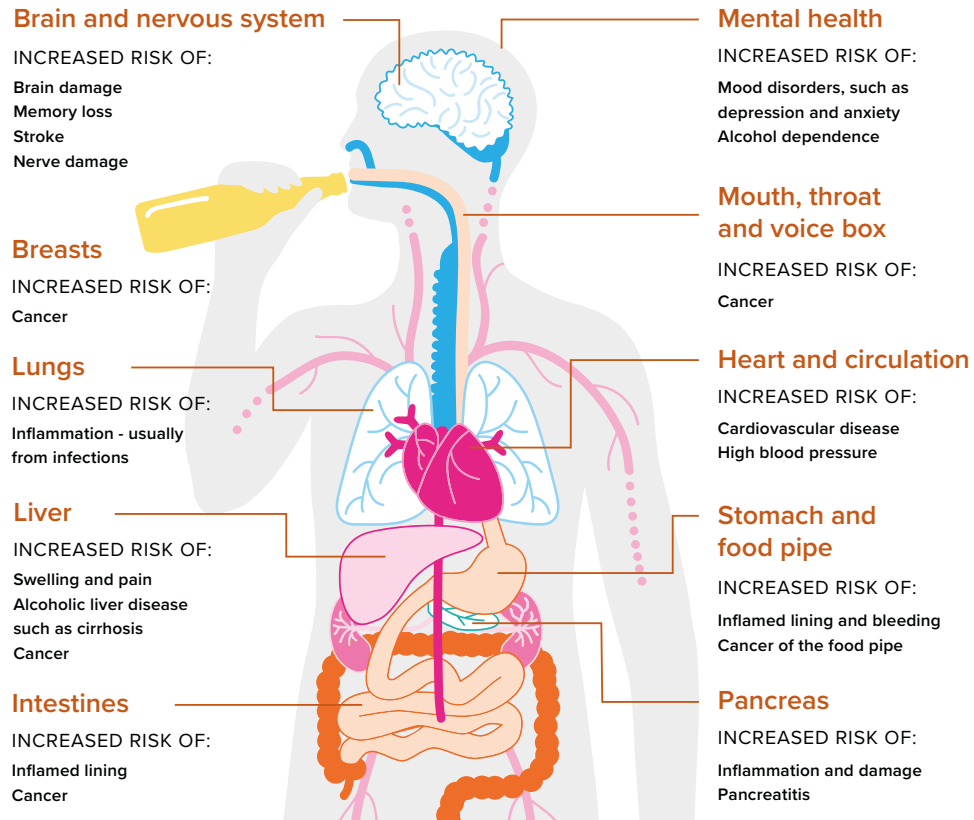
Understanding Alcohol Harm

Drinking too much alcohol, too often, can cause many problems with our physical and mental health. Understanding the facts about alcohol and how it affects your mind and body can be the first step to increasing your awareness and reducing your drinking.



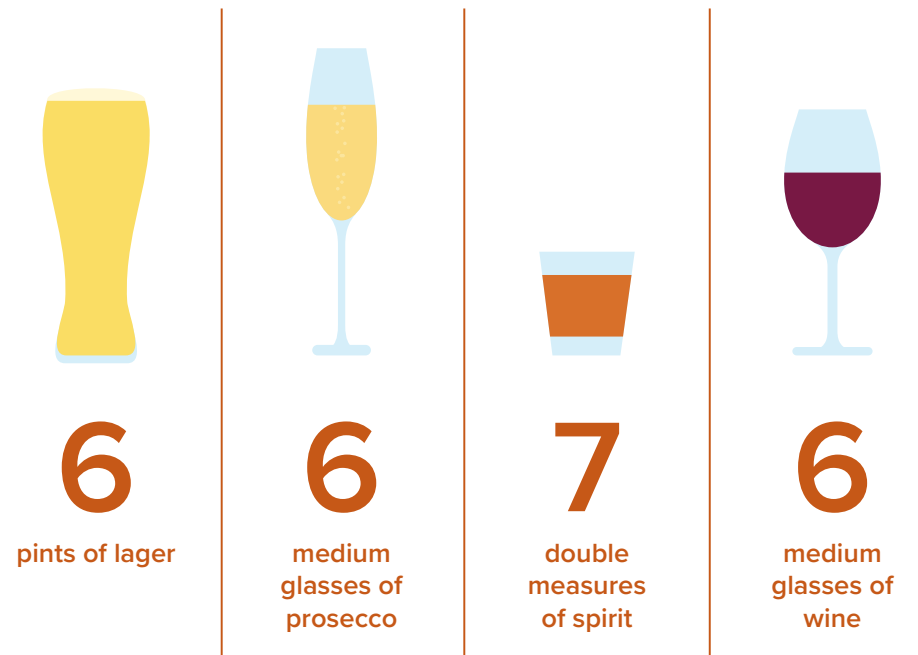
If you are concerned about how much alcohol you are drinking, you can speak to your pharmacist or visit: gov.je/alcoholawareness for further information, resources, support and self-assessment tools.

Alcohol has been found to contribute to more than 60 medical conditions. Some of these are listed below:



To keep health risks from alcohol low, it is **safest to drink no more than 14 units a week**, spread over three or more days with several drink-free days, and no bingeing. Because alcoholic drinks come in many shapes and sizes, units are a good way to help you know just how strong your drink is.

This is what 14 units of alcohol looks like...



When you're ready to drink less, small steps - like understanding your triggers - can make a big difference.

- > Have several 'drink-free' days when you don't drink at all. When you do drink, set yourself a limit and stick to it.
- > Try keeping track of what triggers your desire to drink and find ways to change your habits. For example, if you pour a drink to relieve stress or boredom, delay it by doing something else and see if you still want the drink later.
- > On a night out, pace yourself by alternating alcoholic drinks with water, soft drinks or low/zero alcohol alternatives to keep those units down.