

# Reduce Your Alcohol Consumption

Excessive alcohol use is responsible for 1 in 10 deaths among working-age adults every year, according to the U.S. Centers for Disease Control and Prevention. Excessive alcohol consumption has immediate effects that increase the risk of injuries, motor vehicle crashes and alcohol poisoning. It can also cause long-term health problems like liver disease, high blood pressure, stroke, depression and cancer.

Consider the following strategies to help reduce your alcohol consumption:



### **Track your intake.**

Correctly measure your drinks and then track your alcohol intake so you're aware of how much you're drinking. It's important to drink slowly and have water after.



### **Set a limit.**

Before you start drinking, set a healthy limit and stick to it. Drinking in moderation is outlined as up to one drink per day for women and no more than two drinks for men.



### **Opt for nonalcoholic alternatives.**

If you're in a social setting and feeling left out, choose a nonalcoholic drink, such as a mocktail, sparkling or flavored water, soda or fresh juice.



### **Learn how to say "no."**

When someone offers you a drink, get comfortable with politely declining it and meaning it.



### **Try a dry month.**

Dry January has been gaining popularity in recent years to take a month-long break from alcohol. You may be surprised at how much better you feel and decide to continue to choose alcohol-free alternatives or cut back for good.