

12 tips to make the most of Christmas drinkaware at work

As Christmas approaches, it can be hard not to get carried away with the 'good cheer.' First come the office parties. Then the Christmas catch-ups with friends, swiftly followed by family festivities – and that's all before we get to New Year's Eve. It's easy to see how the units in drinks can quickly add up but we don't always think about how they might be affecting our health and wellbeing.

This quick guide can help you most of the most wonderful time of the year whilst also taking care of your health.



1

Try not to drink over the Chief Medical Officers' low risk drinking guidelines of **14 units a week**.



2

If you choose to drink this much, then spread your drinking over three or more days and avoid **binge drinking**.



3

Try allocating several **Drink Free Days** every week. This will help you reduce the overall amount you drink.



4

Don't drink on an empty stomach. A meal before you go out or start drinking, and snacks between drinks can help to slow down the absorption of alcohol.



5

Avoid drinking before you go out, as it's very easy for the drinks to stack up that way.



6

Pace yourself by **alternating any alcoholic drinks with water or soft drinks** and avoid drinking in rounds.



7

Try downsizing your alcoholic drinks – it will help you drink less



8

Try having a no or low alcohol alternative or an **alcohol-free mocktail**



9

When you go out always take a coat. Alcohol makes blood flow to the blood vessels near your skin and away from your core. If you go out in the cold, you can lose heat very quickly.



10

If you're heading out to a Christmas party, **make your plans in advance** on how you'll get home.



11

Remember that **drinking and driving kills**. It's best to avoid alcohol completely if you're driving, even if that's the morning after.



12

This New Year if you decide to cut back your drinking as one of your resolutions why not check out our **MyDrinkaware app** created to support you?

