

# Moderation in the summer



Summer often brings more opportunities to drink with longer evenings, warmer weather and more social occasions. But when alcohol becomes more of the focus, it can start to affect your health, sleep, mood, and even your performance at work.

You don't need to cut out alcohol completely to feel better. Moderating how much and how often you drink can give you more energy, better focus, and improve your overall wellbeing, both on and off the job.

## Signs your drinking could use a reset

- Struggling with focus or motivation the morning after drinking
- Drinking out of habit rather than enjoyment
- Using alcohol to unwind every day after work
- Relying on alcohol in social situations



## Tips to moderate drinking this summer

- Set a limit before you start drinking – and stick to it
- Alternate alcoholic drinks with water or soft drinks
- Choose lower-strength or alcohol-free options
- Eat before drinking, and stay hydrated in the heat
- Plan alcohol-free days each week – your body and brain will thank you
- Avoid rounds – drink at your own pace
- Suggest different types of meet-ups that don't revolve around alcohol



## Curious about your drinking?

Scan the QR code and join thousands of people checking their drinking with Drinkaware's **FREE Drinking Check**

