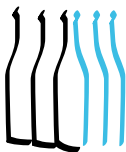


H&SH QUICK TIPS FOR DRINKING LESS



REDUCE RE-RE-REFILLS

When you've poured yourself a glass, don't take the bottle with you to your seat. This prevents you from pouring another glass on autopilot.



STOP SEPARATE STORAGE

If you automatically grab a drink on an evening, keeping your alcoholic and non-alcoholic bottles in the same place can help prompt you to think about whether an alcohol-free drink will quench your thirst.



CHILL YOUR CHOICES

If you like lager, white wine, or any other alcohol that's drunk cold, try keeping non-alcoholic versions in the fridge instead. You're much more likely to drink the cold ones rather than waiting for the others to chill.



KEEP IT IN A CUPBOARD

Storing your alcohol in plain sight - like on open shelving - can increase the likelihood of you reaching for a drink, even if you don't really want one. Putting it out of sight helps you think before you drink.



BRING YOUR BOOZE-FREE BEST

Instead of trying to replace your favourite cocktail with water, or your first choice of beer with apple juice, make sure that you have some tasty alcohol-free options. That could include:

- Alcohol-free Beer, Wine, or Spirits
- Fancy Flavoured Tonics
- Kombucha
- Mocktails (either homemade or pre-mixed)