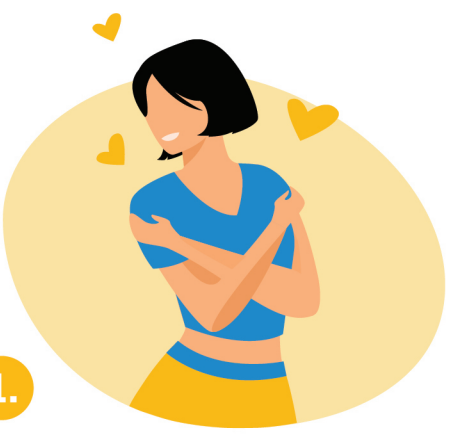


As little as possible or none at all. No level of alcohol consumption is safe. All drinking is risky. Choose a healthy alternative.

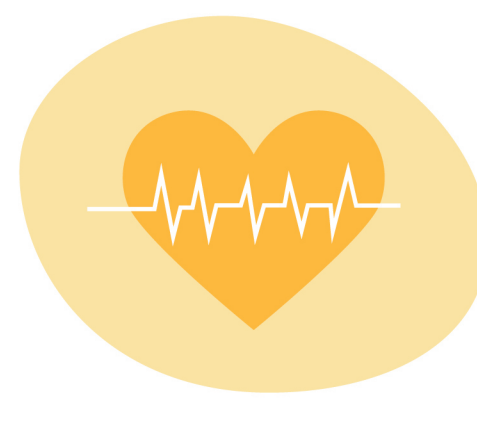
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HEALTHY ALTERNATIVES – WHAT DO I WANT?

- 

1. **TO FEEL GOOD**
A general improvement in wellbeing.
- 

2. **IMPROVED APPEARANCE**
Clear and glowing skin, healthy-looking hair, a healthy weight, etc.
- 

3. **BETTER HEALTH**
Reduced risk of developing disease, preventing injuries and traffic accidents. Healthier heart, healthy liver, reduced cancer risk, etc.
- 

4. **BETTER MENTAL HEALTH**
Improved mental health, lower risk of abusing other substances, healthier ways to cope with stress and anxiety, better sleep, etc.
- 

5. **BETTER SEXUAL AND REPRODUCTIVE HEALTH**
A more satisfying sex life, better reproductive health, healthy pregnancy, preventing the negative consequences of alcohol consumption during pregnancy, etc.
- 

6. **STRONGER MOTIVATION, FOCUS, WILLPOWER ... AND SUCCESS**
More energy, a clear mind, being better at achieving your goals.
- 

7. **BETTER RELATIONSHIPS**
Improved relationships with your loved ones and others around you.
- 

8. **BETTER USE OF FREE TIME**
For example, more time for yourself, new hobbies and activities.
- 

9. **MORE MONEY**
Money saved is a good motivator – reward yourself.

HEALTHY ALTERNATIVES – WHAT CAN I DO?

- 

1. **ACTIVE PURSUITS AND LEISURE**
Walking, jogging, hiking, etc.
- 

2. **MY FREE TIME, MY WAY**
Hobbies: collecting, reading, singing, watching films, playing games, etc.
- 

3. **NEW WAYS TO RELAX**
Meditation, mindfulness exercises and visualisations, breathing exercises, etc.
- 

4. **MANAGE YOUR DAY – WORK COMMITMENTS AND FREE TIME**
For example, develop a daily plan that includes leisure time and cuts out unnecessary activities.
- 

6. **LOOKING AFTER YOUR BODY**
Eat a healthy diet (alcohol contains empty calories) and do more physical activity.
- 

7. **BETTER RELATIONSHIPS**
Improved relationships with your loved ones and others around you.
- 

8. **WHERE TO GET HELP**
There's nothing scary about guided support – so if you're struggling or going through a difficult time, don't be afraid to ask for help. Check out healthy lifestyle workshops taking place in community healthcare centres – ask your doctor or call the healthcare centre to find out more. Maybe also consider therapy groups and self-help groups.
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9. **SOPA**
SIMPLY ... DO SOMETHING ELSE.
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