

# How much is too much? Simple Structured Advice



UNITS



Pint of Regular Beer/Lager/Cider



Alcopop or Can of Lager



Glass of Wine (175ml)



Single Measure of Spirits



Bottle of Wine

Remember, drinks poured at home are usually bigger

## Are you at risk from drinking alcohol?

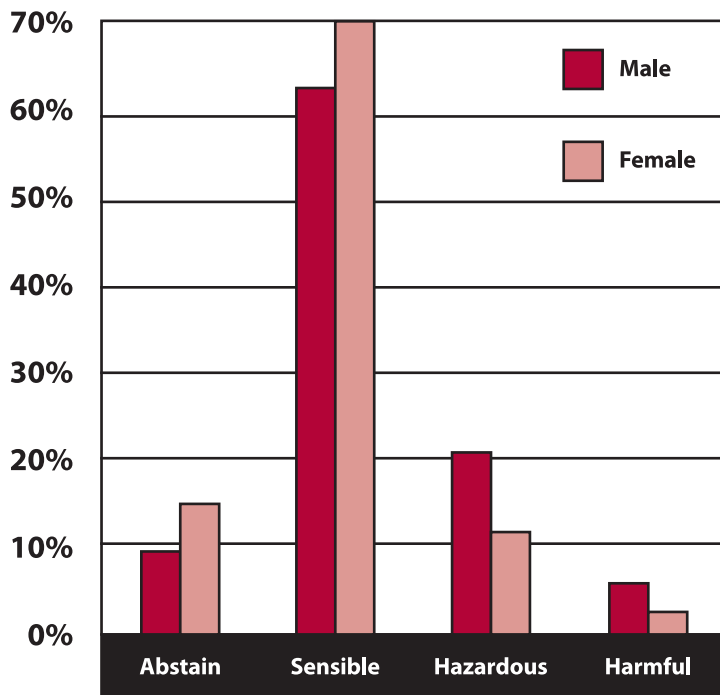
Risk	AUDIT Score	Men	Women	Common Effects
<b>SENSIBLE</b>	0 - 7	21 units or fewer per week or up to 4 units per day	14 units or fewer per week or up to 3 units per day	<ul style="list-style-type: none"> <li>• Increased relaxation</li> <li>• Reduced risk of heart disease</li> <li>• Sociability</li> </ul>
<b>HAZARDOUS (risky drinking)</b>	8 - 15	22 - 49 units per week or regular drinking of more than 4 units per day	15 - 35 units per week or regular drinking of more than 3 units per day	<ul style="list-style-type: none"> <li>• Less energy</li> <li>• Depression/Stress</li> <li>• Insomnia</li> <li>• Impotence</li> <li>• Risk of injury</li> <li>• High blood pressure</li> <li>• Relationship problems</li> <li>• Increased risk interfering with medication</li> </ul>
<b>HARMFUL (very risky drinking)</b>	16 - 19	50 + units per week	36 + units per week	<ul style="list-style-type: none"> <li>• All of the above and...</li> <li>• Memory loss</li> <li>• Increased risk of liver disease</li> <li>• Increased risk of cancer</li> <li>• Possible alcohol dependence</li> </ul>

- Binge drinking is considered to be drinking twice the daily limit in one sitting (8+ units for men, 6+ units for women).
- There are times when you will be at risk even after two or three drinks. For example, when exercising, operating heavy machinery, driving or if you are on certain medication.
- If you are pregnant it is recommended that you completely abstain from drinking alcohol.
- As well as keeping to weekly and daily limits it is recommended that 2 days of the week should be alcohol-free.

Your screening outcome is

How do you feel?

## What is everyone else like?



**Most people are sensible drinkers**

## What are the benefits of cutting down?

### Physical

- Reduced risk of injury
- Reduced risk of high blood pressure
- Reduced risk of cancer
- Reduced risk of liver disease
- Reduced risk of brain damage
- Sleep better
- More energy
- Lose weight / Better physical shape
- No hangovers
- Improved memory

### Psychological/Social/Financial

- Improved mood
- Less hassle from family
- Reduced risk of drink driving
- Save money
- Better relationships

## Making your plan

- Have your first alcoholic drink after starting to eat
- Quench your thirst with non-alcoholic drinks before alcohol
- Avoid salty snacks when drinking alcohol
- Avoid drinking in rounds or in large groups
- Switch to low alcohol beer/lager
- Take smaller sips
- Plan activities and tasks at those times you usually drink
- When bored or stressed have a workout instead of drinking
- Explore interests - cinema, exercise, etc.
- Avoid going to the pub after work
- Avoid or limit the time spent with 'heavy' drinking friends
- Any ideas? - Things you have tried?

## What targets should you aim for?

### 'How to do it' - the ideal

#### Men

4 or less standard drinks daily  
21 or less standard drinks weekly

#### Women

3 or less standard drinks daily  
14 or less standard drinks weekly  
No drinks advised during pregnancy

#### Dependent Drinkers

No drinks are safe

## Your first achievable step

### What is your target?

**Remember, nobody's perfect!  
If at first you don't succeed,  
try again.**

# How much is too much? Extended Brief Intervention



ASSESSING READINESS TO CHANGE

## Importance of changing drinking behaviour

On a scale of 0 (not at all) to 10 (very important) what number would you give yourself right now?

My rating:

- Why are you here and not higher? Or lower?
- What would need to happen for you to get to a higher point?
- How can I help you get from where you are now to a higher number?

## Confidence about changing drinking behaviour

On a scale of 0 (not at all) to 10 (very confident) what number would you give yourself right now?

My rating:

- Why are you here and not higher? Or lower?
- What would need to happen for you to get to a higher point?
- How can I help you get from where you are now to a higher number?

## The pros and cons of changing your drinking

What are the good things about changing your drinking and what are the not so good things?

**Pros**

**Cons**

.....	.....
.....	.....
.....	.....
.....	.....
.....	.....

**Where does this leave you?**



# A six-step plan for changing your drinking habits

## Identify good reasons for changing: Can you think of 2-3 good reasons?

Reason 1 .....

Reason 2 .....

Reason 3 .....

## Set yourself a goal to achieve change: Is this achievable?

What? .....

Where? .....

When? .....

## Recognise difficult times or situations: When might be the hardest times?

Time 1 .....

Time 2 .....

Time 3 .....

## Prepare for difficult times/situations: Think of a ways of dealing with hard times?

Time 1 .....

Time 2 .....

Time 3 .....

## Find someone to support you: Is there a family member/friend who might help?

Who? .....

Remember, nobody's perfect!  
If at first you don't succeed, try again.