

# Tip 7.

## cut back on alcohol and other drugs

**Cutting back on alcohol and other drugs is good for my mental health because it:**

- helps me to remember and concentrate better
- helps me to avoid hangovers and comedowns
- gives me motivation
- helps me to sleep well
- helps me to cope with tough times.

**How can I cut back? I can:**

- **start slow:** choose to take a short break that feels okay for me. Maybe choose one more alcohol or other drug free night per week.
- **be patient:** making changes takes time. I know I need to give my body and mind time to reset.
- **stay healthy:** eating well, staying active, getting enough sleep and spending time with people who care about me helps me to cut back.
- **be kind to myself:** ups and downs are normal. I know that I will get better at cutting back every time I try.



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**How do alcohol or other drugs impact my life?**

My  
relationships

My mood

My work  
or study

My activities

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**Things I would like to change about my alcohol or other  
drug use:**

**One change I will make this week is:**