

# 5 tips for Mindful Drinking

Bupa 



## Savour your drink

Sip your drink slowly and enjoy all the different tastes and textures

## Decide how much you'll drink

Plan ahead and set a limit you are happy with



## Enjoy non-alcoholic alternatives

Enjoy making your own mocktails, or try sparkling low sugar options



## Remove your triggers

Placing alcohol out of sight can help you to avoid mindless drinking



## Pause between drinks

Take time between your drinks to notice how the alcohol is making you feel



If you're thinking about reducing your alcohol consumption, visit <https://www.bupa.co.uk/health-information/alcohol/sensible-drinking> for more tips, advice and information