5 tips for Mindful Drinking





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



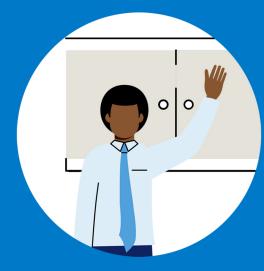


Enjoy non-alcoholic alternatives

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