Curb your drinking

Not sure if you need help with your drinking? Ask yourself the CAGE questions:

- **Cut:** Have you ever felt you should cut down on drinking?
- **Annoyed:** Have people annoyed you by criticizing your drinking?
- **Guilty:** Have you ever felt bad or guilty about your drinking?
- **Eye opener:** Have you ever had an early-morning drink to steady your nerves or get rid of a hangover?

If you answered “yes” to two or more questions, your drinking may be causing you problems. Contact your doctor. There are proven programs that can help.

Source: National Institutes of Health

Tips for when you’re drinking alcohol:

- Drink slowly
- Eat food while drinking and balance with plenty of water
- Take a one hour break from alcohol between drinks
- Learn to say “No thanks”

Tips to avoid alcohol:

- Stay active to replace drinking (see a movie, go for a walk etc.)
- Get support from family and friends
- Watch out for temptation
- Never give up

Source: Health A to Z

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