5 tips for Mindful Drinking

1. **Savour your drink**
   Sip your drink slowly and enjoy all the different tastes and textures.

2. **Decide how much you’ll drink**
   Plan ahead and set a limit you are happy with.

3. **Enjoy non-alcoholic alternatives**
   Enjoy making your own mocktails, or try sparkling low sugar options.

4. **Remove your triggers**
   Placing alcohol out of sight can help you to avoid mindless drinking.

5. **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.