Alcohol MOT part two

Making changes

You have been given this because you have completed the Alcohol MOT part 1 and it has identified that you may be drinking at hazardous or high-risk levels.



Pint of lager/stout = 2 1/2 units



Pint of premium lager/cider = 3 units



Alcopop/bottle of lager = 1 1/2 units



Can of extra strong lager = 4 1/2 units



NI pub measure of spirits/shot = 1 1/2 units



Bottle of spirits, eg gin, vodka (700ml) = 26–28 units



Small pub bottle of wine (187.5ml) = 2 1/4 units



Bottle of wine = 9 units

How much is too much?

Alcohol is measured in units. Some alcoholic drinks will have the units marked on the label. A rough guide to the number of units in common alcoholic drinks is shown above.

To protect their health, men should not drink more than four units in any one day, and women not more than three units.* Over the course of a week, men should not drink more than 21 units, and women not more than 14 units. It's important to spread these units throughout the week – you can't 'save up' your units for the weekend or a party.

* These guidelines are for adult drinkers – they do not apply to under 18s, people on medication, pregnant women or older people, who should seek further advice from their GP.

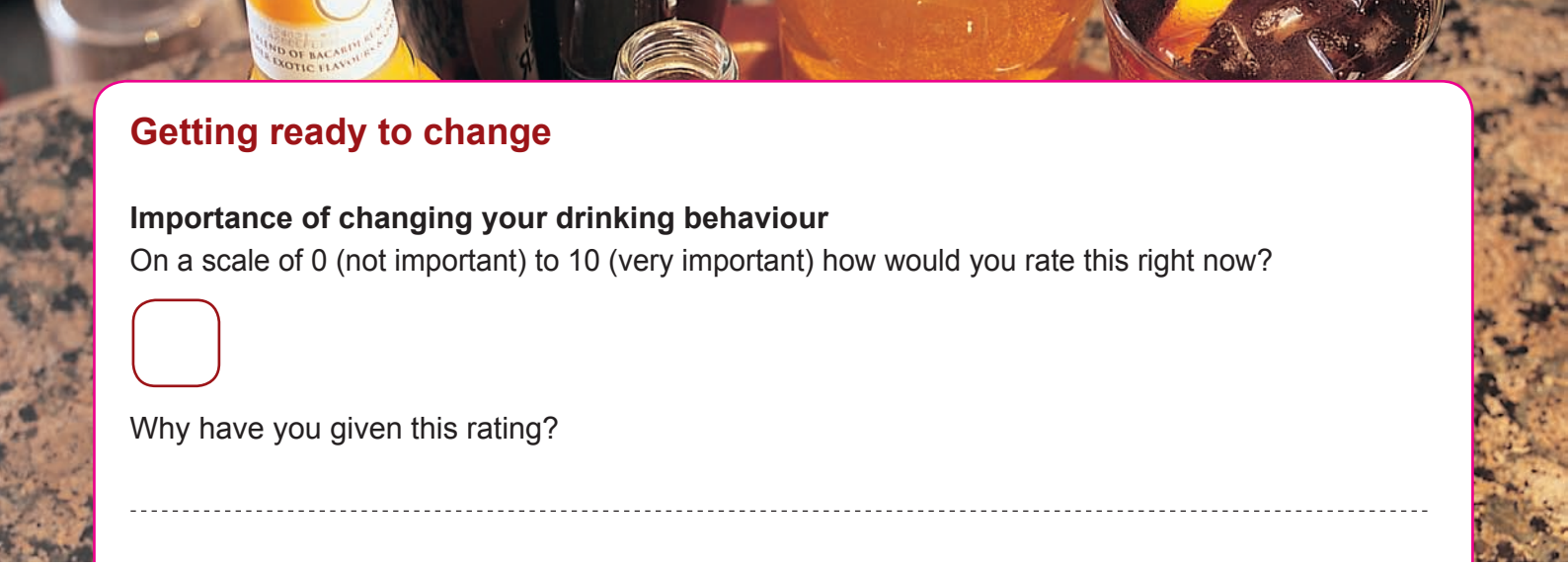
What are the benefits of cutting down?

Physical benefits

- Reduced risk of injury
- Reduced risk of cancer
- Reduced risk of brain damage
- More energy
- Fewer hangovers
- Reduced risk of high blood pressure
- Reduced risk of liver disease
- Better sleep
- Weight loss and/or improved physical shape
- Improved memory

Psychological / social / financial benefits

- Improved mood
- Better relationships
- Reduced risk of drink driving
- Less hassle from family
- Save money



Getting ready to change

Importance of changing your drinking behaviour

On a scale of 0 (not important) to 10 (very important) how would you rate this right now?

Why have you given this rating?

What would help you get to a point where you give it greater importance?

Confidence about changing drinking behaviour

On a scale of 0 (not confident) to 10 (very confident) how would you rate this right now?

Why have you given this rating?

What would help you feel more confident about changing your drinking?

The pros and cons of changing your drinking

What are the good things about changing your drinking and what are the things that aren't so good?

Pros	Cons





A five step plan for changing your drinking habits

You may not be sure what you want to do about your drinking, but if making a plan would be useful, the five step plan below may help.

Identify good reasons for changing: can you think of two or three good reasons?

Reason one: .....

Reason two: .....

Reason three: .....

Set yourself a goal to achieve change: this will need to be something you believe you can do

What: .....

When: .....

Recognise difficult situations: when might you find it hardest to change?

Situation one: .....

Situation two: .....

Situation three: .....

Prepare for difficult situations: think of ways to cope when you find it hard to change

Situation one: .....

Situation two: .....

Situation three: .....

Find someone to support you: is there a family member or friend who can help?

Who can help me: .....





Sticking to your plan

- Eat either before or while drinking alcohol but avoid salty snacks, which can make you thirsty.
- Quench your thirst with non-alcoholic drinks before drinking alcohol.
- Avoid drinking in rounds or kitties so you can drink at your own pace, not someone else's.
- Switch to low-alcohol beer or lager.
- Take smaller sips.
- Plan activities and tasks at those times you usually drink alcohol.
- When bored or stressed, take some physical activity instead of drinking alcohol.
- Explore other interests such as reading, watching films or physical activity.
- Avoid going to the pub after work.
- Avoid or limit the time spent with heavy drinking friends.

Remember, nobody is perfect!
If at first you don't succeed, try again

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This Alcohol MOT has been adapted from the Screening and brief intervention (sbi) resource originally developed in 2006 at the Institute of Health & Society, Newcastle University.

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