



## Cutting Back or Quitting Alcohol Use

Are you drinking more than you used to? People who struggle with managing their alcohol intake, or who engage in binge drinking (having five or more drinks on one occasion) are more susceptible to a variety of illnesses. In addition, problem drinking may have significant life consequences, such as:

- Changes in personality or appearance
- Isolating from others or only wanting to engage in activities that involve drinking
- Frequently being late or missing deadlines
- Neglecting obligations and responsibilities
- Hangovers or frequent illnesses
- Drinking just to get drunk or blacking out
- Legal or financial challenges
- Damage to personal or professional relationships

If you are concerned that you are drinking too much, or if alcohol consumption is having an impact on your health or ability to function in your daily life, these steps may help:

- Talk to your healthcare provider about your alcohol use. LifeMatters also offers 24/7/365 assistance.
- Cut back to a moderate drinking level (one drink per day for women and two per day for men). If you struggle to limit your alcohol



consumption, it may be worthwhile to consider if you should quit drinking.

- Be honest with friends about your desire to cut back on alcohol. Spend time with people who will support your efforts to drink less.
- Focus on activities that do not involve alcohol. Take a long drive, go for a hike, or spend time with friends in situations where alcohol is not available.

It's important to provide support to friends or loved ones who are cutting back on alcohol use. Never pressure someone to drink alcohol.

LifeMatters is available to assist with any concern related to drug or alcohol use. Toll-free assistance is available anytime.

## 1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing  
[mylifematters.com](https://mylifematters.com) • 24/7/365

Call collect to **262-574-2509** if outside of North America

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.  
The above information is for educational purposes only and is not intended to take the place of medical advice.

