

ALCOHOL CHECKLIST

BRAINTRUST
CANADA

ALCOHOL (BEFORE)

- Eat
- Stay Hydrated
- Avoid Drinking Alone
- Reduce the amount of alcohol you
- Use or the Alcohol by Volume (ABV)
 - I.E. Substitute hard alcohol with beer/cider
- Buy less to use less
- Check interactions if you are going to mix substances

ALCOHOL (AFTER)

- Rehydrate
- Replenish nutrients
- Watch for signs of severe dehydration
 - Dark colored urine, infrequent or no urination, dizziness, weakness
- Seek support if you are looking to change or decrease use

ALCOHOL (DURING)

- For every alcoholic drink supplement with a non-alcoholic drink
 - Preferably water.
- Set a limit and drink within it
- Increase time intervals between drinks
- Call a cab, take the bus, or walk. Do not drive

