



THE
WASHTON
GROUP

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Moderate Drinking: 10 Tips

1. Keep track of your alcohol intake in real time
2. Switch to lower proof beverages
3. Include food and non-alcoholic beverages
4. Pace and space (especially during the first hour)
5. Don't drink on consecutive days
6. Don't drink with heavy drinkers
7. Don't drink when emotionally upset
8. Don't drink past your "off" switch
9. Stop drinking before you stop thinking
10. Think about tomorrow