



TALKTOABLOKE
COUNSELLING FOR MEN BY MEN

DRINKING TOO MUCH?

The evidence shows that men drink more than women, we are also more likely to binge drink. On average, more men are diagnosed with alcohol use disorders and yet less of us reach out for help. This in itself shows that the stats probably don't paint the full picture.

WHAT TO DO?

1: Seek professional advice. If you are not up to that, (or are fearful of what you know is going to be said) then at least start by visiting some online resources. Try www.hellosundaymorning.org or try an app, there are plenty of free options to choose from. Grab one that is "evidence based".

2: Don't underestimate your friends. We all assume that there will be pressure for us to drink and that our friends will insist. What many men find is that if they are upfront with their mates then that pressure and expectation dissipates pretty quickly. Have a few lines ready to go... "It's knocking me around some I'm off it for a while", "two maximum for me tonight, then I'm on the water" and so on. If you're friends are on board then this becomes a major win and a safe place for you.

3: For some people abstinence is the best option. There are a multitude of resources online with people sharing their stories and the upside of ditching alcohol altogether. A good way to start this journey is to do your research on the negative effects of alcohol, become your own coach if you can and if that's a bit hard for you right now, then seek help.

4: Tell people and set some goals such as alcohol-free days, no alcohol in the home, keeping a diary, saying no to attending those occasions where you know its going to be really tough to say no. Or make sure you are the one who drives to those events, so that you can't drink.

5: Replace alcohol with something that is positive. This one is my favorite. If you use alcohol as a reward or as an escape then find an alternative. It could be going for a walk, tinkering in the shed, having a workout, being in nature, reading a book, watching a movie, eating chocolate, ringing a mate, family time or any number of options.

Don't do it alone! Regards

Evan