



With Jill Robinson

Ten Miniature Habits To Help Reduce Drinking At Home

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Alcohol is often the spark to ignite laughter between friends and relaxation after long days, but it can have a murkier side.

As one of the world's most common psychoactive substances, alcohol is classified as a depressant, slowing the central nervous system, decreasing motor coordination, reaction time, and cognitive performance, and influencing mood.

Regular or heavy consumption can disrupt sleep patterns, affect judgment, alter behavior, cause depression, and impact your heart health and immune system.

Regardless of how much you consume, decreasing your intake may be a smart option. Whether you want to cut back because one drink every few nights has turned into several every night, or maybe you want to feel better overall, whatever the reasons, the health benefits can be immediate: lower risk of cancer and strokes, more energy, better sleep, clearer skin, and weight loss.

I've now been alcohol free for well over a year, I can't tell you how better I feel - it's the ultimate in self-care. I hope this inspires you to reduce your alcohol intake too.

Jill x

To help you succeed, I've created ten miniature habits that easily fit into your routine.

Each habit consists of a Trigger (an everyday routine that triggers drinking) and an Action (the new practice that will replace frequent drinking or stop altogether.)

After you complete a new habit give yourself a "pat on the back"—Praise—for nailing your new practice. It can be as simple as whispering to yourself, "good job," or a fist pump in the air. Whatever makes you smile because praising yourself activates feel-good vibes that make your new habit easy.

Pick one or two miniature habits from the checklist each week and take on the challenge to complete the habit daily for at least five days.

Not all of them will suit your lifestyle, but once you've tried some, you'll be able to customize others to meet your routine. Are you ready for the challenge?

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- After I finish one glass of wine, I will immediately put dish soap into the glass.
- After I get home from grocery shopping, I will put one beer in the fridge and the rest in the cupboard.
- After I start making dinner, I will pour myself a non-alcoholic beverage.
- After I finish dinner, I will immediately brush my teeth to stop drinking in the evening.
- After I arrive home from work, I will fill my water glass.
- After I see it is past eight p.m., I will boil the kettle.
- After I say goodnight to my children, I will make a herbal tea.
- When I think about pouring a glass of wine, I will do three push-ups.
- After a friend asks if I want to catch up for a mid-week drink, I will smile and say, "thank you, but not tonight."
- When I feel discouraged, I will reread the intro to this challenge.

Reference & Further Reading

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