

# TIPS TO REDUCE YOUR *Alcohol Consumption* WHILE WORKING FROM HOME 🍷

- **Have a schedule:** Establish set working hours and stick to these. This will help you establish clear non-drinking hours.
- **Be aware of your workplace policy:** Remember that your workplace is likely to have a no-alcohol policy and there is likely to be consequences if you are caught drinking or intoxicated on the job.
- **Stay active:** Go for a walk or find another form of physical activity that you enjoy. This can keep you motivated during your work from home day.
- **Stay connected:** Maintaining a social connection to your work colleagues, especially when working from home for extended periods of time, can promote good mental wellbeing and reduce your risk of falling into unhealthy habits such as excessive drinking.
- **Set limits and stick to them:** When you are going to drink alcohol, decide how many drinks you plan to have beforehand and stick to this. Avoid drinking more just because it's there in your fridge!
- **Know your pour:** A standard drink has 10g of alcohol in it. As most glasses can hold a lot more than one standard drink, it can be very easy to pour a lot more than one standard drink into a glass. For more information visit NSW Health's online Standard Drink Calculator, **[yourroom.health.nsw.gov.au/games-and-tools/Pages/standard-drink-calculator.aspx](https://health.nsw.gov.au/games-and-tools/Pages/standard-drink-calculator.aspx)**

Do you drink more alcohol  
when working from home?

## Tips to reduce your alcohol consumption while working from home

- **Remember the health risks:** There is no safe level of drinking, and excessive alcohol consumption can cause injury, liver or brain damage, heart disease, some cancers, weight gain and high blood pressure.
- **Know the guidelines:** To reduce the risk from alcohol-related harm for healthy men and women drink no more than 4 standard drinks on any one day and no more than 10 standard drinks per week.
- **Seek support:** The Get Healthy Service Alcohol Reduction program offers free telephone health coaching. It helps participants to reduce their alcohol intake, offering 10 confidential coaching calls over six months. Register online at [gethealthynsw.com.au/get-started/](https://gethealthynsw.com.au/get-started/)
- **Keep track:** The confidential Drinks Meter app helps you to keep track of how much you drink in a week, including advice from doctors and the Australian guidelines. [yourroom.health.nsw.gov.au/getting-help/Pages/drinks-meter-app.aspx](https://yourroom.health.nsw.gov.au/getting-help/Pages/drinks-meter-app.aspx)



For more information about the national guidelines on alcohol visit [nhmrc.gov.au](https://nhmrc.gov.au)