

MINDFUL ALCOHOL REDUCTION TIPS

by New Thirst



03

Practice
Kayakalpa Mudra
(detox).

01

Write a list of reasons
why you want to
reduce alcohol intake.
These are your
intentions.

04

Remember
alcohol is a
business not a
companion.

02

Start tracking sober
days with an app such as
Try Dry.

05

Delete photos
of you with
alcohol.

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08

Practice left-nostril breathing.

06

It takes time to rewire your brain's chemicals & cravings after alcohol. Try our 30 day challenge.

09

Balance emotions, try a Zoom yoga class with us.

07

Tell friends you need to be fresh for a project at work if they pressure you to drink.

10

Get support with others. Join our FB Group.