

# DRINK LESS SUPPORT

## HEALTH COACH 1:1



One You Lincolnshire's incredible Health Coaches offer 1:1 confidential support. Speak to our amazing team of Health Coaches to find out how to reset those habits, launch yourself into our 28 day challenge or attend one of our workshops to find out more.

## ONE YOU LINGS APP

An interactive Healthy Lifestyle app that helps you to keep on track, working out your units, weekly spends and calorie intake. It's also a great way to keep track of your Physical Activity, Sleep and Mood. Access your weekly report card and track your progress.





## OYNB | ONE YEAR NO BEER

We've teamed up with One Year No Beer to offer an incredibly unique 28 day challenge. Stay dry for 28 days and transform your relationship with alcohol. A motivational, educational challenge focused on mindset and habit.

# ONE YOU LINCOLNSHIRE

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## WORKSHOPS



### ALCOHOL AWARENESS

Improve your knowledge and understanding of alcohol and learn ways to keep your relationship with alcohol healthy. A look into government guidelines, effects of alcohol on health, relationships and reduction techniques.

### CRAVING MANAGEMENT

A guide to understanding cravings. The first step in beating those cravings is getting to know them. What are they? When are they most likely to sneak up on us? How do we distract from them? Learn what works for you.

### MINDFULNESS

Learn how to be fully present. A sharing of techniques to help focus on the present moment without distraction and judgement. Reconnecting with ourselves in the present moment and developing an understanding of our thoughts and feelings can have a positive impact on our mental well being.

PART OF THE ONE YOU  
LINCOLNSHIRE FAMILY

