

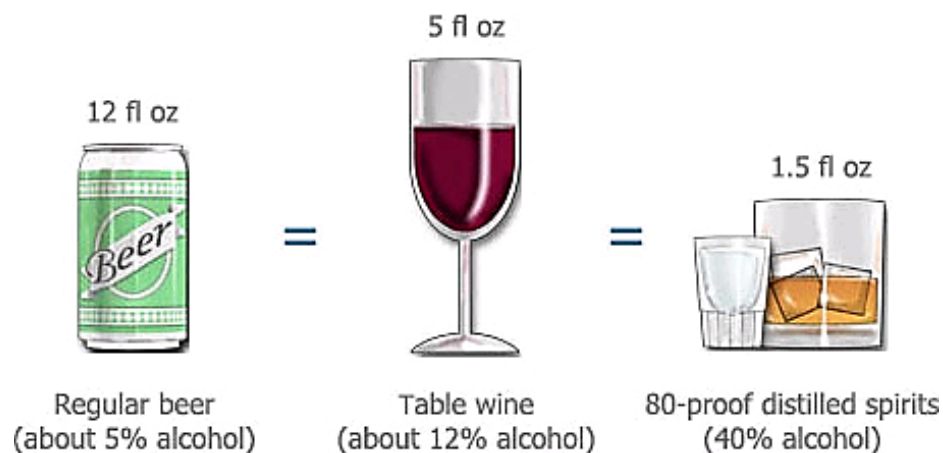
Tips to help lower alcohol consumption

Small changes to how much alcohol you drink can benefit your body immensely and reduce your chances of having alcohol-related problems.

Here are some suggestions that may help you reach your goals of reducing your alcohol consumption. Check off one or two to try in the next week or two.

- Set goals.** Examine how many days in a week you drink and try to decrease it by one day.
- Pace and space.** When you drink, pace yourself. Sip slowly. Have no more than one standard alcoholic drink per hour. Have "drink spacers" – make every second drink a glass of water.
- Include food.** Don't drink on an empty stomach. Eat some food so the alcohol will be absorbed into your system slower.
- Find alternatives.** If drinking has occupied a lot of your time, look at alternative new, healthy activities, and hobbies, or return to old ones you've missed..
- Avoid "triggers."** What triggers your urge to drink? If certain people or places make you drink even when you don't want to, try to avoid them. If certain activities, times of day, or feelings trigger the urge, plan something else to do instead of drinking. If drinking at home is a problem, keep little or no alcohol there.
- Seek support:** Talk with someone you trust, or contact a professional for advice. If you are concerned about your drinking or a family member's, call **CARE Services at 510-643-7754**.
- Know your "no."** You're likely to be offered a drink at times when you don't want one. Have a polite, convincing "no, thanks" ready. The faster you can say no to these offers, the less likely you are to give in. If you hesitate, it allows you time to convince yourself to have an alcoholic drink.

One Drinking Unit Equals:



Be Well at Work – Employee Assistance • 2222 Bancroft Way, Suite 3100 • Berkeley, CA 94720

Phone: 510-643-7754 • Email: employeeassistance@berkeley.edu

Web site: uhs.berkeley.edu/bewellatwork/employee-assistance

Source used: RethinkingDrinking.niaaa.nih.gov

Know Your Drinking Numbers

What is "at-risk" drinking?

For adults, drinking more than the single-day **OR** weekly amounts shown below is considered "at-risk" or "heavy" drinking.



To stay low risk, keep within **BOTH** the single-day **AND** weekly limits

Examples of the Health Impact 1-3 Alcohol Drinks has on the Body

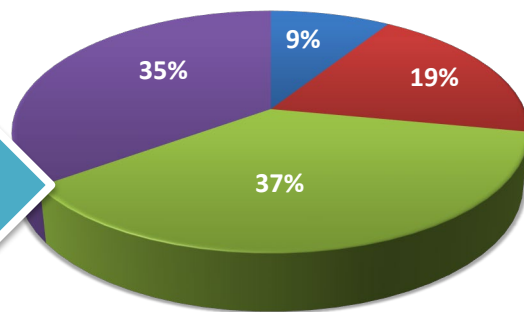
- Adds strain on your heart by increasing your heart rate.
- Increases your blood pressure.
- Disrupts your sleep quality by reducing your REM stage of sleep.

Examples of the Health Impact of "At-Risk" Drinking

- Greater risk of liver disease, heart disease, and depression.
- Risk of Stroke, bleeding from the stomach, and several types of cancer.
- Increased problems managing diabetes and high blood pressure.

US Drinking Patterns: Where do you fit in?

7 in 10
Adults
always
drink at
low-risk
levels or
don't
drink at all



- 9% Drink over BOTH single AND weekly limits
- 19% Drink more than EITHER single OR weekly limits
- 37% Always drinks WITHIN Low-Risk limits
- 35% NEVER drinks alcohol