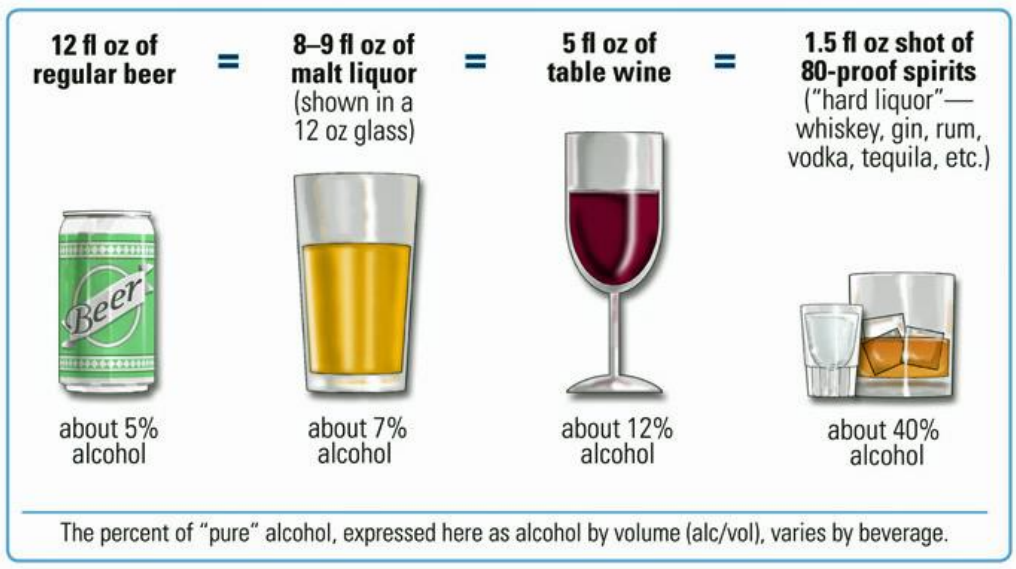
10 Tips on How to Reduce the Risks of Drinking

1. Pace yourself

To pace yourself, have no more than one standard drink per hour, with nonalcoholic "drink spacers" between alcohol beverages. Note that it takes about 2 hours for the adult body to completely break down a single drink.

2. Know what a standard drink is



3. Avoid drinking games, keg stands, or chugging.



4. Alternate nonalcoholic drinks (ideally water) with alcoholic drinks to stay hydrated and buy yourself time between drinks.



5. Avoid binge drinking

Binge drinking is the most common, costly, and deadly pattern of excessive alcohol use in the United States. The National Institute on Alcohol Abuse and Alcoholism defines binge drinking as a pattern of drinking that brings a person's blood alcohol concentration (BAC) to 0.08 grams percent or above. This typically happens when men consume 5 or more drinks or women consume 4 or more drinks in about 2 hours.

Source: https://www.cdc.gov/alcohol/fact-sheets/binge-drinking.htm



5 or more drinks in 2 hours = BINGE DRINKING FOR MEN



4 or more drinks in 2 hours = BINGE DRINKING FOR WOMEN

Stay within low-risk drinking levels.

For men, no more than 4 standard drinks on any day (14 per week), and for women, no more than 3 on any day (7 per week).

6. Decide in advance when you will stop drinking

Judgment and decision-making abilities are impaired when someone is intoxicated. Stop before your ability to reason is impacted.

7. Understand BAC (Blood Alcohol Concentration)

Blood Alcohol Concentration (BAC) levels represent the percent of your blood that is concentrated with alcohol. A BAC of .10 means that .1% of your bloodstream is composed of alcohol.

Explanation of BAC levels:

.020 - Light to moderate drinkers begin to feel some effects
.040 - Most people begin to feel relaxed
.060 - Judgment is somewhat impaired
.080 - Definite impairment of muscle coordination and driving skills. **This is the legal intoxication level in most states.**
.100 - Clear deterioration of reaction time and control. This is legally drunk in all states.
.120 - Vomiting usually occurs
.150 - Balance and movement are impaired. Here the equivalent of a 1/2 pint of whiskey is circulating in the blood stream.
.200 - Most people begin to experience blackouts
.300 - Many people lose consciousness
.400 - Most people lose consciousness and some die
.450 - Breathing stops. This is a fatal dose for most people.

Source: http://awareawakealive.org/educate/blood-alcohol-content

8. Know how much alcohol is in your drink

If you choose to drink, knowing how much alcohol is in your container is critical to avoid many of the unwanted effects of alcohol such as loss of judgment and reasoning, or experiencing symptoms of alcohol poisoning such as vomiting or passing out.

Here are some helpful tools to assist you in understanding how much alcohol you are actually drinking and what effect it will have on you:

Cocktail Content Calculator

BAC Calculator

9. Choose your container wisely

The larger the container the more alcohol you are likely to pour. Consider using this measurement tool (although with changing solo cup options this may not always be a foolproof plan). If you are going to choose to drink liquor, consider using a single shot glass (1-1.5 oz of liquor = a standard drink) to measure your drink. Remember, if you go out and order a drink you will be served a standard mixed drink with only 1-2 shots of liquor. ***A solo cup can hold up to 11-12 shots of liquor!***



Using whatever container is on hand? Consider using an app like Shots I Got. It has a large variety of containers on its app and measures how much liquor you've poured.

Those who know how much they've poured tend to have outcomes like lower BACs (Blood Alcohol Content/Concentration). They also understand when they should stop in order to avoid the negative outcomes associated with binge drinking.



10. Avoid fruit flavored punches like "Jungle Juice"



Mixed drinks known as "Jungle Juice" contain a large amount of liquors mixed with juices. It masks the taste of the alcohol, making it easy to underestimate just how much you are drinking.

"Jungle Juice" has an average of 5-10 standard drinks in one solo cup. Just one cup of this beverage places anyone, male or female, within the binge/high-risk drinking range.

Have you tried these methods and still having negative outcomes? Are you, a friend or loved one concerned about your drinking? Consider coming to Counseling Services to talk with the Addictions Specialist available FREE to you.

Call 910-814-5709 to set up a confidential, judgment free session.