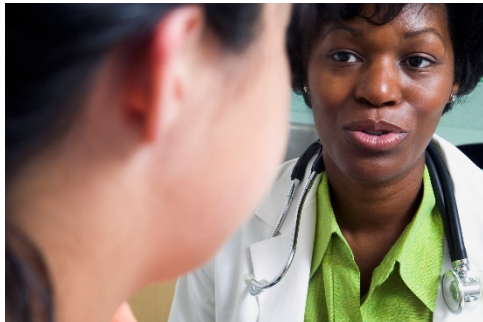


RETHINKING DRINKING

Alcohol and Your Health



KEEP TRACK OF MY DRINKING

- Keep a diary of the number of drinks I have daily.
- Know the standard drink sizes.
- Measure drinks when I make them at home.
- Ask servers not to “top off” a partially filled wine glass.

MANAGE MY URGES TO DRINK

- Avoid visiting places that make me feel like drinking.
- Avoid people who may encourage me to drink when I don’t want to.
- Schedule activities to occupy me during times of the day that make me feel like drinking.
- Avoid activities that give me the urge to drink.
- Keep little or no alcohol in the home.

PACE MYSELF

- Sip all drinks slowly.
- Don’t drink on an empty stomach.
- Drink a few glasses of water before drinking alcoholic beverages.
- Only have one alcoholic drink an hour.
- Alternate non-alcoholic drinks with alcohol containing drinks.
- Bring only a set amount of cash to the bar. Leave the ATM/credits cards at home.

MAKE PLANS

- Make a list of goals for changing my drinking habits.
- Share my drinking goals with my spouse and friends.
- Plan in advance how many days per week to drink and how many drinks I’ll have on those days.
 - Healthy men up to age 65: no more than 4 drinks/day AND no more than 14 drinks/week
 - Healthy women, and men over age 65: no more than 3 drinks/day AND no more than 7 drinks/weeks
- Schedule days in which I do not drink at all.
- Practice polite but firm strategies for saying “no thanks” before I go out to drink.

OTHER
