

What's a Lower-Risk Limit?

RECOMMENDED DRINKING LIMITS

	PER DAY	PER WEEK	PER OCCASION
MEN	2	14	4
WOMEN	1	7	3
OVER 65	1	7	3

⇒ **Do not drink at least two days of the week.**

What's a Standard Drink?

One standard drink is a 12-ounce can (or bottle or glass) of beer, a 5-ounce glass of wine or a 1.5 ounce shot of hard liquor.



How Much is Too Much?

The most important thing is the amount of pure alcohol in a drink. These drinks, in normal measures, each contain roughly the same amount of pure alcohol. Think of each one as a standard drink.

How to cut down or stop drinking

- ⇒ *Keep a small amount or no alcohol at home.*
- ⇒ *Drink slowly.*
- ⇒ *Pick a day or two each week when you will not drink at all.*
- ⇒ *Stay active.*
- ⇒ *Watch out for temptations.*
- ⇒ *Keep a "diary" of your drinking.*
- ⇒ *List your reasons for drinking less/stopping.*

Why do you want to drink less? You may want to improve your health, sleep better, or get along better with your family or friends. Make a list of the reasons you want to drink less:

1. _____
2. _____
3. _____
4. _____

- ⇒ *Set a drinking goal.*

My drinking goal

I will start on this day: _____
 I will not drink more than _____ drinks in 1 day.
 I will not drink more than _____ drinks in 1 week.
 or
 I will **stop drinking** alcohol.

- ⇒ *Get support.*

Here are some resources:

1. _____
2. _____
3. _____
4. _____

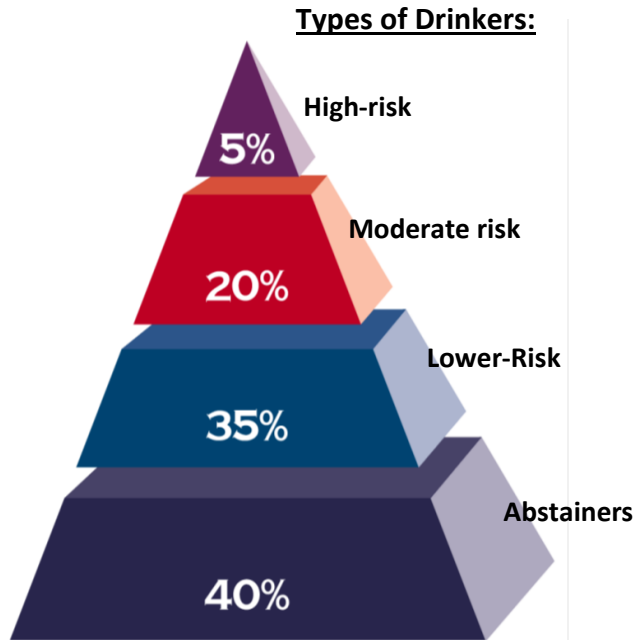
A Guide to Lower-Risk Drinking



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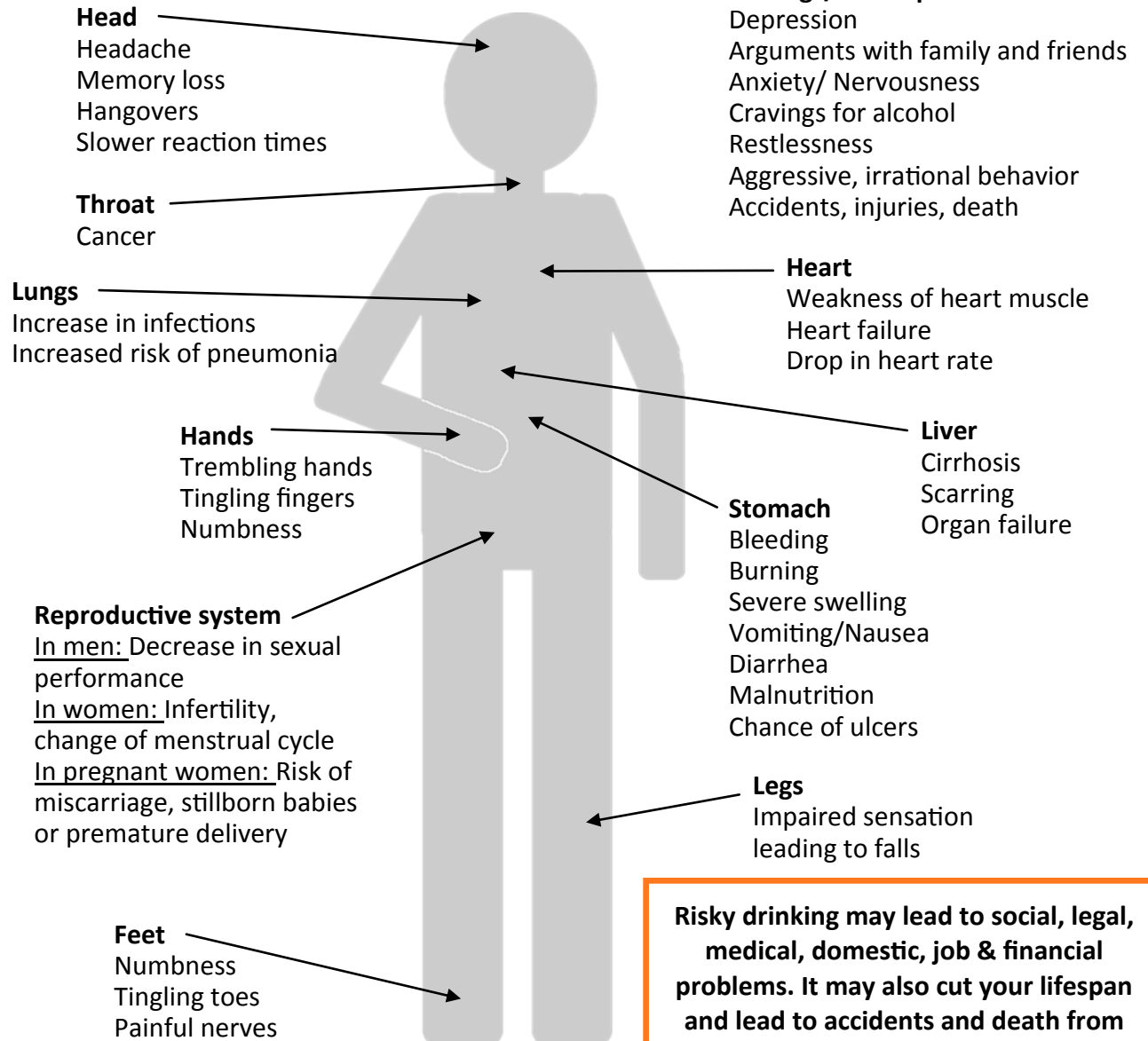
A Guide to Lower-Risk Drinking

The Drinkers' Pyramid



Low <input type="checkbox"/>	You are at low risk of health and other problems from your current pattern of use.
Moderate <input type="checkbox"/>	You are at risk of health and other problems from your current pattern of use.
High <input type="checkbox"/>	You are at high risk of developing severe problems as a result of your current pattern of use and are likely to be dependent.

Effects of Alcohol



Feelings/Consequences

- Depression
- Arguments with family and friends
- Anxiety/ Nervousness
- Cravings for alcohol
- Restlessness
- Aggressive, irrational behavior
- Accidents, injuries, death

Risky drinking may lead to social, legal, medical, domestic, job & financial problems. It may also cut your lifespan and lead to accidents and death from driving while intoxicated.