

Sip Smarter: Your Guide to Responsible Drinking

Alcohol can be fun, but the line between enjoyment and overindulgence is thin. Responsible drinking means making informed choices to enjoy alcohol safely, minimizing risks and maximizing well-being, not abstinence.

Why Bother?

- **Improved Health:** Reduce risk of liver damage, heart disease, and certain cancers.
- **Enhanced Safety:** Reduce accidents and injuries due to impaired judgment.
- **Stronger Relationships:** Avoid strained relationships from unpredictable behavior.

Your Toolkit for Responsible Drinking:

1. Know Your Limits:

- **Understand Standard Drinks:**
 - 12 oz beer (around 5% alcohol)
 - 5 oz wine (around 12% alcohol)
 - 1.5 oz liquor (around 40% alcohol)
- **Recommendations:** Max. 1 drink/day for women, 2 for men
- **Factors:** Weight, gender, metabolism, medication, food intake affect tolerance.

2. Plan Ahead and Pace Yourself:

- **Set a Limit:** Decide on a number of drinks *before* you start.
- **Space Drinks:** Aim for one drink per hour and alternate water, juice, and soda between drinks.
- **Eat First:** Food slows alcohol absorption.

3. Golden Rules:

- **Don't Drink and Drive:** Plan transportation ahead of time.
- **Be Assertive:** "No, thank you" is enough. Surround yourself with those who respect your choices.
- **Avoid Mixing:** Don't mix alcohol with medications or other substances.

5. Know When to Seek Help:

Struggling to control drinking, experiencing withdrawal, or relying on alcohol for coping? Seek professional help. There's no shame in asking for support.

Responsible drinking is a journey. Prioritize your health, safety, and well-being. Enjoy alcohol without letting it control you. Sip smarter, not just harder!

Questions? Contact us at 363ISR.W.ART.363ISR.W@us.af.mil or at 757-225-7041