

# the RED CUP

Q&A



separating alcohol fact from fiction  
EVERY TUESDAY IN THE DAILY WILDCAT

## Q What are different ways to limit your drinking?

**A.** You can still enjoy the buzz and social benefits of the first few drinks by simply cutting back on the last few on any given night. Drinking less can mean better grades, improved relationships, fewer regrets, more control in your life and saying “goodbye” to hangovers. You’ll also spend less money and cut out empty calories – not to mention avoiding the dreaded “drunchies” along the way.

If all of those sound good but you’re still worried about missing out on the fun – fear not!

These six tips can help:

- 1. What’s in it for me?** Answer this to spell out your reasons for cutting down and why. This will help get you started and keep you motivated.
- 2. Pick a number.** This is your goal for the maximum number of drinks you’ll have in a defined period of time. Try picking both daily and weekly limits. You can also opt for a special event limit as well, but use it sparingly.
- 3. Track it.** Stay on course by counting your drinks and logging them along the way. Apps and online tools can help.
- 4. Practice saying “No, thanks.”** Whether it’s “I’m good,” “I’ve got a test tomorrow,” “I’m driving,” “You call that beer?” or another response of your choosing – get comfortable passing on a drink or shot.
- 5. Steer clear of temptation.** Keep less alcohol at your place (e.g. opt for a single 6-pack versus buying a case), avoid hard liquor, and bring your own alcohol to parties to control what you consume.
- 6. Enjoy the perks.** Chances are, you’ll not only reap some of the benefits of less alcohol that were mentioned above, you’ll also have more time to do things you enjoy. So, go ahead, catch up on sleep, spend more time with friends, workout or learn a new skill.

Experts recommend no more than two standard drinks per day for men (14 per week) and a single drink each day for women (7 per week). Keep in mind that for some individuals, abstaining from alcohol altogether is the best approach. UA students can get personalized feedback on their alcohol use through the BASICS program (call 520-626-8499) or by calling Counseling and Psych Services (520-621-3334).



wildfact

A “firkin” of beer is equal to 9 gallons.



Got a question about alcohol?

Email it to [redcup@email.arizona.edu](mailto:redcup@email.arizona.edu)



[www.health.arizona.edu](http://www.health.arizona.edu)

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