HEALTHY HABITS FOR SAFER & SMARTER DRINKING

- **Stay hydrated**
  - Alternate between alcoholic and non-alcoholic beverages throughout the night.

- **Eat a good meal before drinking and nosh while drinking**

- **Prevent over-consumption by avoiding or limiting**
  - pre-game consumption
  - shots
  - drinking games
  - jungle juice

- **Stick to standard drinks like beer or hard seltzers**

- **Measure those mixies!**
  - use a shot glass to measure
  - use the lines on the solo cups to guide standard pours

- **Have a plan, stick with friends and look out for others**

- **Set a limit and stick to it**
  - most students consume less than 5 drinks per occasion
  - you can only process about 1 drink per hour, for women it takes even longer
  - have a plan like only carrying enough money to pay for what you plan to drink, or bringing a set amount with you
  - try tracking consumption like using the "penny trick" or an app on your phone

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