



# SHIFT

## THE CAMPUS CULTURE

### Stick to a Limit

The National Institute of Health's suggested daily limit is no more than 1 standard drink **a day** for women; 2 for men

Excessive drinking is considered 8 or more drinks **a week** for women; 15 or more for men



### DON'T MIX SUBSTANCES

Different substances can interact differently in your body. Stick to one substance at a time, including your prescription medications.

$1 + 1 = 5$

### EAT! HYDRATE!

Even as you're spending more time at home, make sure you are eating a balanced diet and drinking lots of water. Especially if you find yourself drinking more on an occasion, make sure you have something in your stomach and alternate that bevvie with a glass of water to stay hydrated!



### CHECK IN WITH YOURSELF

For some, staying home and away from friends can mean drinking or using more. For others it may be a good time to cut back. Take a minute to think about your use and know your resources. Check out [shift.utexas.edu](http://shift.utexas.edu) for helpful tips, whether you're using more or less!



### Stay Focused!

There's a lot going on-- including your classes! Make sure you have all of your homework and other tasks completed before you decide to use. You can ask yourself: would I be doing this under normal circumstances?

