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.

EAT! HYDRATE!
Even as your 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 bevvy 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 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?

SHIFT during Covid-19 | shift.utexas.edu