

# RETHINK YOUR DRINK

For drinkers and non-drinkers alike, it might not be clear what counts as excessive drinking. Use this resource to better understand your drinking habits and help you make healthier choices.

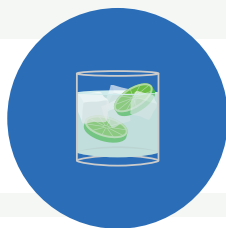
## How Strong is Your Drink?

The Dietary Guidelines for Americans recommends consuming alcohol in moderation—up to one drink per day for women and up to two drinks per day for men. However, serving sizes can be deceptive. Do you know how many U.S. standard drinks are in your favorite alcoholic beverage?



A 21-oz Ballpark Souvenir Cup of Beer

1.8 Drinks



A 6-oz Gin & Tonic

1.6 Drinks



A 25-oz Bottle of Wine

5 Drinks

## Impact on Your Health

Excessive alcohol use could impact your mission readiness: it may hurt your relationships, impair decision-making, and cause you to put yourself or others in danger. Chronic excessive drinking may also lead to physical and psychological health concerns like:

- Anxiety
- Depression
- Liver disease
- High blood pressure
- Cancer
- Digestive problems
- Heart disease
- Sleep problems

## Checklist to Seek Care

Continued excessive drinking can put you at risk for alcohol use disorder. The following are symptoms that could signal the start of a drinking problem. If any of the below signs apply to you, reach out for support. In the past year, have you:

- Had times when you ended up drinking more or longer than you intended?
- More than once wanted to cut down or stop drinking but couldn't?
- Spent a lot of time drinking?
- Given up or cut back on important activities in order to drink?
- Had to drink much more than you once did to get the effect you want?
- Continued to drink even though it was causing trouble with your family or friends?
- Had withdrawal symptoms, such as trouble sleeping, shakiness, nausea or sweating?

## SEEK CARE

if you have questions or concerns about your drinking. Take the first step and talk with your health care provider for information and resources on responsible drinking and options for quitting.

## WANT MORE RESOURCES?

### Psychological Health Resource Center

Call/Chat with a health resource consultant 24/7 for assistance accessing care at 866-966-1020 or [health.mil/PHRC](https://health.mil/PHRC).

### Military Crisis Line

In the U.S., call 988 then press 1 or text 838255. For OCONUS calling options and online chat accessible from anywhere in the world, visit [militarycrisisline.net](https://militarycrisisline.net).

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