**Alcohol information**

This is some useful information about what constitutes a standard drink for your drink diaries, what is risky drinking and some of the benefits of cutting down.

**Assessing your alcohol intake**

Typical servings of alcohol tend to be considerably higher than one standard drink - this is important when calculating your daily and weekly alcohol intake - people are often surprised at how many standard drinks they actually consume.

**Lower Risk Drinking**

Lower risk drinking is defined as regularly drinking no more than 10 standard drinks for men and women.

Lower risk drinking is associated with: increased relaxation; sociability; and reduced risk of heart disease (for men over 40 and post menopausal women)

**Risky Drinking**

Risky drinking is defined as regularly drinking 16-40 standard drinks per week for men and 10 - 28 standard drinks for women.

**Harmful Drinking**

Harmful drinking is defined as regularly drinking 40+ standard drinks per week for men and 28+ standard drinks for women.

Risky and harmful drinking have progressively increasing risk of:

* Low energy
* Memory loss
* Relationship problems
* Cancer
* Depression
* Insomnia
* Impotence
* Injury
* Cardio-vascular disease
* Alcohol dependence
* High blood pressure
* Liver disease

**Benefits of Cutting Down**

There are many benefits to cutting down your alcohol intake, particularly if you are drinking at risky or harmful levels.

*Psychological / Social / Financial Benefits*

* Improved mood
* Improved relationships
* Reduced risks of drink driving
* Financial savings

*Physical Benefits*

* Better sleep
* More energy
* Weight loss
* No hangovers
* Reduced risk of injury
* Improved memory
* Better physical shape
* Reduced risk of high blood pressure / cardiovascular disease
* Reduced risk of cancer
* Reduced risk of liver disease
* Reduced risks of brain damage