

# Are you a binge drinker?

## drinkaware at work



With the weather improving people are starting to make plans for the summer. Whether you love visiting your local park, hosting a BBQ or heading to the coast for a few days, as temperatures rise, many people like to enjoy a drink or two. However, it's not always easy to know how much is too much.

You might have heard the term **binge drinking** but you might not be aware exactly what this means. As a guide the NHS defines binge drinking as 'drinking a lot in a short space of time or drinking to get drunk.'

It's hard to say exactly how many units count as a binge, as everyone is one is different, but a good rule of thumb is

**over 8 units in a single session for a man** - about 5 bottles of beer



**over 6 units for a woman** - around 4 alcopops or 3 large gin and tonics.



Binge drinking can lead to changes in your behaviour, like misjudging risky situations or losing self-control. It can also mean the next day is a write-off if you're feeling unwell and **hungover**. But there are serious health risks to binge drinking too.

Regularly binge drinking can contribute to **long-term health problems** and impact things like your mood, memory, and mental health. It also increases your risk of accidents and injuries.

### How can you avoid binge drinking?

- Drink at your own pace by opting out of rounds.
- Slow down your drinking by alternating your drinks with water or food!

If you do choose to drink, the UK chief Medical Officers (CMOs) advise it is safest to not drink more than 14 units a week. Try to ensure you spread your drinks evenly throughout the week and plan in some drink free days.

Plan some drink free days in your week and limit the amount of alcohol you consume in one setting.



If you're worried and think you might be drinking too much you can always ask your GP for help or **call the free, confidential alcohol helpline Drinkline, on 0300 123 1110**






### Do you know how many units are in your drinks?

One way to avoid binge drinking is to become more aware of how many units are in your drinks. Try our quick quiz to see if you can match the units up with the drinks below.



The answers are at the bottom of the page

 <b>Beer 4%</b> , pint 568ml	<b>A.</b> 1.5 units	<b>B.</b> 2.3 units	<b>C.</b> 1.8 units
 <b>Wine 12%</b> large 250ml glass	<b>A.</b> 3 units	<b>B.</b> 2.5 units	<b>C.</b> 4 units
 <b>Cider 4.5%</b> pint 568ml	<b>A.</b> 2.6 units	<b>B.</b> 2 units	<b>C.</b> 3 units