

ALCOHOL AND ENERGY DRINKS DON'T MIX!



Alcohol is a depressant, which means that it slows down the functioning of the brain and other organs. Energy drinks are a stimulant that speeds up how the body functions. Slower or faster doesn't make the body function better. Instead, it causes challenges in how the brain processes and reacts, and how critical organs, such as the heart and lungs, function.

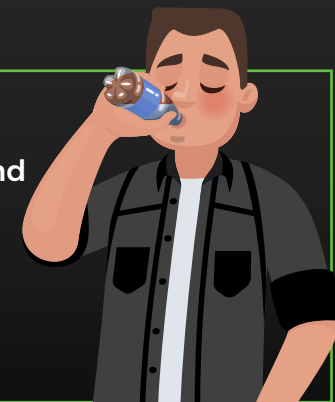
DANGERS OF MIXING ALCOHOL AND ENERGY DRINKS:

- Increased risk of heart rhythm problems because energy drinks are speeding up the heart at the same time while alcohol is slowing it down.
- Increased risk of injury because caffeine tricks the brain into thinking that it is alert and functioning normally while alcohol slows down thinking, reaction time, and processing skills.
- Increased risk of binge drinking because caffeine masks the sensation of being intoxicated.
- Increased risk of drunk driving, sexual assault, aggression, or violence, and other dangerous behaviors.



HEALTHY WAYS TO BOOST YOUR ENERGY AND DE-STRESS

- Hydrate - Adequate hydration restores health and well-being
- Eat nutritious foods, especially breakfast- Refuel appropriately to boost energy and minimize stress
- Get enough quality sleep
- Exercise - any type of physical activity will boost your energy level naturally and help your stress melt away
- Have some fun with family or friends



If you have questions about your nutrition, the [Consortium on Health and Military Performance](#) has developed military-specific resources, including more information about [energy drinks](#). Additionally, the [Semper Fit Health Promotion Program](#) is located at every installation and can help you with virtual or in-person 1-on-1 nutrition guidance or briefs for your unit.

If you have additional questions about your alcohol use or need support, contact your installation's [Substance Abuse Counseling Center \(SACC\)](#).