

# the RED CUP Q&A

## separating alcohol fact from fiction

### wildfact

Contrary to popular belief, 21 days isn't the magic number to develop a new habit. Know that some habits take longer, but don't be hard on yourself if you slip up along the way.

A few weeks back in the Red Cup Q&A, we asked UA STUDENTS what they wanted to change about their drinking style, if anything. When we asked, "What's in it for you?" here's what they said:

"I get to avoid all the bad side effects but still enjoy nights out with friends."

"Feel better the next day."

"Keeps me in the buzz zone."

"Not blacking out."

"I'll have more fun if I can remember stuff."

"Won't be annoying and obnoxious."

"I can get more done."

"I can be more productive during the week so I am free all weekend."

"I won't get too drunk to the point where I am sick or blackout or can't control what I say or do."

"I'll keep myself in check and won't risk getting out of hand."

"My friends won't have to take care of me and I won't embarrass myself."

"I'll be happier and more social."

"Staying out of trouble."

"Less embarrassment and better health."

"Save \$\$ – less recovery time – better GPA!!"

"Using money for something productive."

"Being smart leads to a more pleasant experience."

"It is better for me and I will enjoy myself at parties a lot more."

"No hangovers, cheaper, no blackouts, no puking, more control over myself."

"Feeling better about myself."

"Have fun longer."



Got a question about alcohol? Email it to [redcup@email.arizona.edu](mailto:redcup@email.arizona.edu)



[www.health.arizona.edu](http://www.health.arizona.edu)



## CAMPUS HEALTH

The Red Cup Q&A is written by Lynn Reyes, LCSW, LISAC, David Salafsky, MPH, Lee Ann Hamilton, MA, CHES, Spencer Gorin, RN, and Christiana Castillo, MPH, in the Health Promotion and Preventive Services (HPPS) department of the UA Campus Health Service.