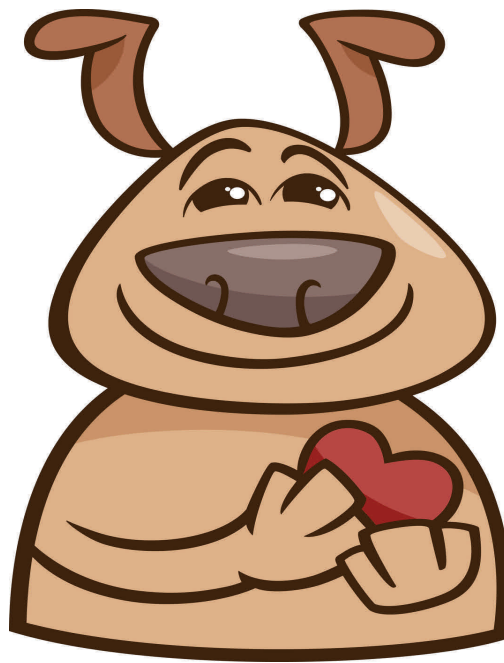


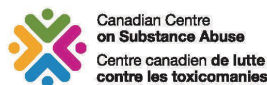
Gone to the Dogs to

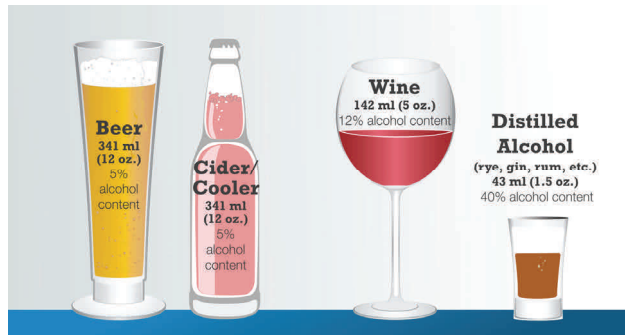


PAWS my Stress!



Petting a dog can increase levels of the stress-reducing hormone oxytocin and decrease production of the stress hormone cortisol.





Alcohol is a depressant and increases feelings of stress. If you choose to drink, follow Canada's Low-Risk drinking guidelines:

1. UNDERAGE

Alcohol can harm the way the body and brain develop. If you are underage, zero is safest. If you decide to drink, it is recommended to not consume more than 1 or 2 drinks, 1 or 2 times per week

2. 19-24 YRS OLD

To avoid or reduce harm, men who choose to drink should keep within 0 to 3 drinks/day and women within 0 to 2 drinks/day

3. KNOW YOUR LIMITS

The following guidelines are limits not targets:

Men—15 drinks/week, with no more than 3 drinks a day most days

Women—10 drinks/week, with no more than 2 drinks a day most days

4. WHEN ZERO'S THE LIMIT

When you should not drink: when driving a vehicle, are pregnant or suspect you may be pregnant, or on medication

5. PREGNANT? ZERO IS SAFEST

When pregnant, breastfeeding, or planning to become pregnant, the safest choice is to not drink alcohol at all

www.whatsurcap.ca

www.addictionresearchchair.ca