“i only drink beer” and “i put a lot of ice and soda in the glass” doesn’t really matter — it’s still alcohol.

Hydroxyzine is widely used for its sedative properties. It helps calm the mind and reduce anxiety. However, it’s important to note that hydroxyzine can cause drowsiness and should not be taken if you need to be alert, such as before driving or operating heavy machinery.

While it’s generally considered safe, hydroxyzine can interact with other medications, so it’s crucial to discuss any concerns with your doctor or pharmacist.

In conclusion, hydroxyzine can be a useful tool for managing anxiety and stress when used properly. However, as with any medication, it’s important to use it responsibly and under medical supervision.