

FEBRUARY 2021

# The Buzz

## ON RESPONSIBLE DRINKING



### Winter Wellness (Without Too Much Alcohol)

Winter, plus the restrictions on activity, may make the season feel longer, colder and more stressful than usual, which is why prioritizing wellness is key. Share the following tips with Service members so they can understand how to drink responsibly and take care of themselves this winter:



- **Consider your sleeping habits.** Winter temperatures and earlier sunsets may be throwing off your sleep habits. Maximize your sleep by 1) sticking to a pre-bedtime routine, 2) staying off your phone for at least one hour before bed and 3) not drinking [alcohol too close to bedtime](#).
- **Get ahead of winter weight gain.** Make sure to fuel your body with healthy nutrients this winter. Putting on a few pounds is normal, but consider where the extra calories are coming from (hint hint: [alcohol causes weight gain](#)). If you choose to drink in moderation, drink lemon water to hydrate in between alcoholic beverages. Also, keep in mind that exercise can keep your body energized instead of feeling sluggish and can help keep the weight off.
- **Take a mental break.** Exercising your mind is just as important as being physically active. The cold weather may already make you feel less productive, but remember that alcohol decreases your focus too. Instead of reaching for a drink, try different activities to clear your mind, such as playing cards or exploring a new town safely.
- **Find ways to de-stress.** Winter and the post-holiday season is a great time to [explore new ways to relax](#). Remember that [drinking to take the edge off is not the same as self-care](#). Instead, take advantage of your “me time” this winter by finding [ways to de-stress and improve your mood](#) (like stretching daily or playing with a pet).

Encourage Service members to get creative with their self-care activities this winter. Remind them to check on their drinking habits with these [tools](#) to ensure they're taking care of themselves and drinking responsibly.

### THE CAMPAIGN



With the start of a new year and spring approaching, Service members may be thinking about taking a break from alcohol but haven't made the leap yet. Let them know that dropping drinking for just a month can positively affect their health, lifestyle and relationships. Share this article on [the benefits of taking a break from alcohol](#) so they and their buddies keep things positive in 2021.

### APRIL IS ALCOHOL AWARENESS MONTH

During April's Alcohol Awareness Month, encourage Service members to help a buddy or loved one who's cutting back on drinking or cutting out alcohol altogether. Share this new article with them about [how to support someone changing their drinking habits](#) so they can be prepared. Also, encourage them to check out the [Own Your Limits campaign overview video](#) to learn more about [alcohol support resources](#).

All topics and resources highlighted in the e-Newsletter can be found at [www.ownyourlimits.org](http://www.ownyourlimits.org).

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LIMITS**

[www.ownyourlimits.org](http://www.ownyourlimits.org)

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