

The Buzz

ON RESPONSIBLE DRINKING



New Drinking Habits? Remember to Own Your Limit

As the weather gets warmer and the military eases COVID-19 restrictions, Service members may be spending more time outside and with friends. If they choose to drink, have they considered how their drinking habits may have changed the last year? Help Service members prepare to drink responsibly by encouraging them to ask the following questions:



- **Has my relationship with alcohol changed?** Your relationship with alcohol may look different since the start of the pandemic. Whether you're avoiding the extra calories or cutting back for [health reasons](#), know that it's OK to [pass on a drink](#) when reconnecting with buddies. If you started drinking more, there are ways to [get help](#).
- **Did my drinking habits change?** If your drinking habits shifted during stay-at-home orders, [other factors](#) could have too, like your weight or diet. Based on these factors, [know your limit](#) before you go out and stick to it.
- **Has my sleep routine shifted?** If you notice your [sleeping patterns changed](#), it may be due to your change in drinking habits. Dropping a few drinks before bed or cutting out alcohol altogether can improve your sleep. Keep this in mind so you can balance having fun and prioritizing sleep this summer!
- **Have I been saving more money?** You may have extra cash since bars and restaurants have been closed and people haven't been going out. Instead of spending it on drinks (which can add up quickly), think of [worthwhile ways you can spend that money](#) (like on gas for a beach trip with your buddies).

Let Service members know that responsible drinking is key to maintaining their newly developed, healthy habits. Now's the time to brush up on what it means to drink responsibly in preparation for the summer.

The Campaign



Do Service members want to know how drinking too much alcohol affects their brain and body? Check out and share this new [video on what drinking too much looks like](#) versus drinking responsibly. Use the video to help Service members own their limit this summer.

Prevent Alcohol Misuse Year-Round

Help prevent alcohol misuse and promote responsible drinking year-round by busting [common myths about alcohol](#) for Service members. Also remind Service members it's Mental Health Awareness Month and if they have concerns about alcohol or are using alcohol to cope, seeking help is a sign of strength. Direct them to these [Service-specific resources for help](#).

**OWN YOUR
LIMITS**

www.ownyourlimits.org

SERVE HONORABLY. DRINK RESPONSIBLY.

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