

NOVEMBER 2020

The Buzz

ON RESPONSIBLE DRINKING



Unwind This Holiday Season While Drinking Responsibly

The holidays are a time to celebrate the little things, like spending time with family or enjoying a day off duty. For some people, celebrating with alcohol may be their way to kick back and enjoy the season. If Service members choose to drink, share these tips so they know how to stay safe and drink responsibly:

- **Consider if your tolerance has changed.** Your tolerance might be lower from staying home and not going out as much (and that's okay!). Think about [how alcohol may affect you](#) and remember what a [standard drink size](#) is so you can make smart drinking decisions.
- **Plan ahead to own your limit.** Check in on your drinking habits with this [anonymous quiz](#). If you choose to drink, decide on your drinking limit ahead of time and stick to it.
- **Celebrate responsibly.** You deserve to enjoy the holidays, but keep in mind that you don't want to overdo it. Make sure you're [celebrating responsibly](#) and [not drinking too much](#) so you can end the night (and start the next day) on the right foot.
- **Don't drink and drive.** Consuming even a little alcohol makes it risky to drive (and the [cost of a DUI](#) is definitely not worth it). Learn how you can [avoid drunk driving](#) before you get behind the wheel.

The holidays may look a little different this year, but it's still important to celebrate responsibly. Encourage Service members to think about their drinking habits ahead of time by checking out [resources](#) (like Service-specific programs and mobile apps) and other [tools](#) that Own Your Limits has to offer.

The Campaign

Are Service members experiencing stress that's lasting for weeks or even months? Share what signs to look for when someone is [using alcohol to cope with chronic stress](#) and why leaning on alcohol to manage is an unhealthy choice. Also, remind them that getting help early is a sign of strength!

Announcing the Too Much to Lose Campaign



Do you provide alcohol and drug prevention, education or treatment to Service members? The Defense Department is excited to announce the launch of the [Too Much to Lose campaign](#)! Too Much to Lose provides information and resources to complement your existing efforts to ensure Service members have the information and support they need to understand prescription drug misuse and illicit and prohibited drug use.

All topics and resources highlighted in the e-Newsletter can be found at www.ownyourlimits.org.

OWN YOUR LIMITS

www.ownyourlimits.org

SERVE HONORABLY. DRINK RESPONSIBLY.

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