

The Buzz

ON RESPONSIBLE DRINKING



Take A Moment to Pause and Give Thanks

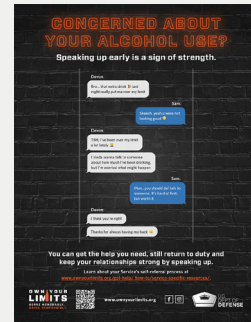
It's that time of year for reflecting, giving thanks and goal setting. This holiday season, encourage Service members to reflect on their drinking decisions during the past year, give thanks for their responsible drinking choices and plan ahead to own their limits. Share these tips with Service members to help them prepare for 2022:



- 1. Reflect on your decisions about alcohol.** Consider what choices you've made this year related to alcohol, good and bad. Perhaps you stopped a friend from drunk driving (nice work!) or you went over your limit (you can get back on track!). Write down the good and the bad to be aware of your actions as the first step to making good choices in the future.
- 2. Give thanks for your wins.** After reflecting on 2021, be proud of the times you owned your limit. Always take time to celebrate your wins, big or small, because sticking to your limit when drinking can sometimes be a challenge! If you don't have a moment you're thankful for this year, tomorrow is an opportunity to start fresh and make better drinking decisions.
- 3. Own your limit now.** By drinking responsibly, you protect your career, your health and the well-being of others. This holiday season, think about how you can [model responsible drinking](#), if you choose to drink, and [stick to your drinking limit](#) to stay safe and in control of your decisions.
- 4. Consider how you can own your limit next year.** How would you feel if you made more responsible drinking decisions in 2022? Challenge yourself to step it up by creating responsible drinking goals. Maybe you want to practice [saying no](#) when offered a drink, [take a break from drinking](#) for Dry January or [cut back](#) on the number of drinks you have each week. Whatever the reason may be, now is the time to set new goals.

The holidays can be a time to wind down, relax and think about goals for the new year. Remind Service members that they can still [celebrate responsibly](#) while owning their limits.

The Campaign



Share two new resources with Service members; one to help them track how much they're [spending on alcohol](#) and another to encourage them to speak up if they are [concerned about their alcohol use](#).

One Last Thing



Are Service members concerned about their weight during the holiday season? With all of the celebrations, the calories from alcohol can add up quickly. Help Service members understand how too much [alcohol can negatively impact their weight](#) at any time, including the holiday season.

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



www.ownyourlimits.org

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