

GUIDE TO RESPONSIBLE DRINKING

NOVEMBER 2018



CELEBRATE RESPONSIBLY

The holiday season brings more parties than usual - which may mean more events with alcohol. Make sure your Service members have fun AND know their limit this holiday season by sharing the following tips:

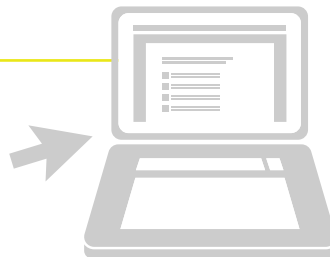
- [Drink sizes \(and alcohol content\)](#) differ widely based on local customs, type of alcohol, glass size and who's pouring. Even if the drink is pre-packaged, **make sure you know how much alcohol you're drinking.**
- Avoid putting yourself, your friends or other drivers in a risky situation. **Choose a designated driver or download a rideshare app** before your night out!



- Alcohol poisoning can come in many different forms such as irregular breathing or vomiting. Check out [this article](#) to learn the **warning signs of alcohol poisoning and what to do** if there is an emergency at holiday parties this season.

CAMPAIGN UPDATES:

Share this new, anonymous [quiz](#) with your Service members so they can confidentially evaluate their alcohol consumption and drinking behavior, and find information and resources to get help if needed.



[Share](#) how you use our materials to promote responsible drinking.

ONE MORE THING:

REALISTIC RESOLUTIONS

As Service members ring in the New Year, help them make some realistic drinking resolutions they can keep! Share the following tips:

1. Set a limit

Set a drink maximum before your night out and stick to it. It's easy to get carried away at the bar, but chances are it doesn't take as many drinks to get that buzz as it seems.

2. Allow yourself a treat

Instead of depriving yourself of that sugary margarita, find a balance. Have one of your favorite drinks and then substitute the next round with water.

3. Commit to one dry day a week

If you're going to have your favorite drink one day, be extra good another day. This can be a great opportunity to be productive, try a new workout class or meal prep for the week!

Encourage Service members to jot down resolutions that are specific and achievable. They will step into 2019 feeling on top of the world!



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