

The Buzz

ON RESPONSIBLE DRINKING



Change Up Drinking Habits This Winter

Does winter's cooler weather and shorter daylight hours have some Service members feeling the blues and leaning on alcohol? Remind them that there's a lot to gain by drinking responsibly. Share the following examples of changes they can make to their drinking habits this winter to improve their daily lives:



- **Better quality time.** If the cooler temps feel like they're dragging on, take a step back and remember to live in the moment with the people you're surrounded by. If you have fun plans coming up (hello March Madness!), focus on the people you're with, not how much you can drink. By [owning your limit](#), you can make safe decisions and enjoy the time with those you care about.
- **Reach new PT goals in time for spring.** Level up your health routine to see those gains in time for warmer weather and the next PT cycle. Remember, [alcohol can offset your hard work](#) at the gym – plus, it doesn't give your body the energy and nutrients it needs to stay healthy. Try [hitting pause on drinking](#) for 2-4 weeks to see how it can positively impact your PT goals.
- **Try a new hobby.** If you have extra down time this season, instead of defaulting to alcohol-related activities, change it up! Try skipping the alcohol one day, calling a buddy and doing something new (think: a new workout or DIY project). Bonus – getting active and connecting with people can improve your mood, even in the winter! You can also try something more long-term like training for a fitness challenge.
- **Put your best self forward.** [Drinking too much alcohol](#) can negatively impact your mind and body, potentially causing [serious risks](#). However, owning your limit means you can put your best self forward and protect the things you care about. Remember, drinking responsibly can go a long way.

Let Service members know they can start 2022 off strong and power through the winter blues by changing up their drinking habits for the better. If Service members have alcohol use concerns, remind them to [get help](#) before an alcohol-related incident happens.

THE CAMPAIGN

Talking to loved ones or friends about alcohol use concerns can be challenging. Help Service members [ease into that conversation with these steps](#) on how they can let their support system know they've sought help. The fact sheet also outlines how loved ones and buddies can support their Service member's recovery and responsible drinking goals.

Check out the new [Own Your Limits Toolkit!](#) This resource gives you a detailed understanding about the campaign and its tools and how they can be used locally, including educational resources and messaging about drinking responsibly.

ONE LAST THING

In support of April's Alcohol Awareness Month, use this [guide](#) to plan ahead and help motivate Service members to own their limit. The guide highlights resources and tips that Service members can use to drink responsibly. Don't forget to also place an order for [free Own Your Limits print and promotional materials](#) in time for April!



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



www.ownyourlimits.org

SERVE HONORABLY. DRINK RESPONSIBLY.

[Order free print and promotional materials](#) to support your local responsible drinking efforts.

[Contact Us](#) | [Subscribe](#) | [Unsubscribe](#)



U.S. Department of Defense