

The Buzz

ON RESPONSIBLE DRINKING



Spring into Summer by Drinking Responsibly!

Spring is in the air and Service members may be daydreaming about outdoor activities that could include alcohol. Use the upcoming health observances as opportunities to provide Service members with responsible drinking resources this season:



- National Physical Fitness and Sports Month (May).** Warm weather might tempt Service members to grab a cold beer, but remind them that too much alcohol can impact their [physical health](#) and fitness goals (think: disrupted sleep and weight gain). If they choose to drink, let them know that [drinking responsibly](#) plays a major role in their strength and cardio routine.
- Mental Health Awareness Month (May).** Although the winter blues may be behind us, drinking too much any time of the year can still negatively affect a person's [psychological health](#). If Service members have concerns about alcohol or are using alcohol to cope, let them know that seeking help is a sign of strength. Direct them to these [Service-specific resources for help](#).
- Women's Health Month (May) and Men's Health Month (June).** Are Service members looking to ditch old habits and start new ones (hello spring cleaning!)? Share these responsible drinking tips for [women](#) and [men](#) and ask how you can help boost their healthy habits.
- '101 Critical Days of Summer.'** Service members may be ready to dive headfirst into summer activities, so set them up for success with responsible drinking tools! Share this [anonymous quiz](#) and these [interactive calculators](#) to help them make informed drinking decisions and avoid risky situations. Whether it's a BBQ with buddies or kayaking with loved ones, staying safe is key.

Use these monthly observances and Own Your Limits resources to help Service members understand how [alcohol fits in their lifestyle](#) so they can enjoy time off duty responsibly this season.

THE CAMPAIGN



Remind Service members that their actions with alcohol matter by sharing or hanging this new [poster](#). Also - check out the new campaign materials available for bulk order, including a [fact sheet](#) helping Service members talk to their support system after seeking help for alcohol concerns and an [infographic](#) that busts common myths about drinking. [Place your order](#) today!

ONE LAST THING

Summer is around the corner, which could mean a PCS or transition period for Service members. Although change can be difficult at times, remind them that there are ways to [tackle times of change without turning to alcohol](#). They are not alone and these [resources are here to help](#) so they can avoid leaning on alcohol during transitions.

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



www.ownyourlimits.org

SERVE HONORABLY. DRINK RESPONSIBLY.

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