

# The Buzz

## ON RESPONSIBLE DRINKING



### Conquer Stress (Without Alcohol) This Holiday Season

Although the holidays can be exciting for Service members, this time of year can also cause stress. While traveling, being away from loved ones and holiday gatherings can be overwhelming, remind Service members that there are ways to handle stress without alcohol this holiday season:



- Practice positive self-talk.** Feeling overwhelmed during holiday gatherings, such as visits from extended family or work-related holiday get-togethers? Rather than reaching for that extra drink, tell yourself "I got this!" and remember this gathering is only temporary. Practice other [supportive phrases](#), such as - "I can enjoy the holidays and still own my limit" or "If I can crush a heavy workout, I can handle this tough situation."
- Get moving for a boost in endorphins.** Caught up in holiday stress and looking for a quick way to calm down? Exercise is one of the best ways to [ease stress](#). Instead of grabbing a beer with buddies, suggest a quick workout together, go for a walk or start a game of football to get yourself moving. Bonus points for getting those [gains in](#) and keeping those extra holiday pounds off.
- Plan ahead to celebrate (and drink) safely.** Ensure [holiday festivities](#) are safe and stress-free by making plans ahead of time. Avoid the stress of putting yourself and friends in a risky [drunk driving situation](#) by planning a ride home. Remember, celebrating responsibly is something you have control over!
- Lean on others.** Sometimes this time of the year can feel lonely, especially if you are not with loved ones. A great way to overcome holiday blues is reaching out to a loved one or peer. Also consider reaching out to your chaplain or [Military Family Life Counseling](#) for confidential, non-medical counseling and support.
- Reach out for help.** If you find yourself constantly [leaning on booze to cope](#) during the holidays, consider talking to your health care provider or another [Service-specific resource](#) for ways to get help with drinking concerns. Learn how to [conquer stress without alcohol](#) by reaching out to [Military OneSource](#).

While the holiday season may seem stressful at times, remind Service members that there are ways to address stress, stay positive and enjoy their time off duty without alcohol.

### THE CAMPAIGN

Are Service members aware of the risks when drinking and taking prescription or over-the-counter medications? Help them understand [what to watch out for when mixing alcohol and medication](#) (even when drinking responsibly) to protect their health and career.

Also share [this new interactive infographic](#) with Service members to remind them what a standard alcoholic drink looks like, and to own their limit this holiday season!

### ONE LAST THING



Do Service members find themselves drinking alone to cope with stress, especially during the holidays? A new [study](#) found that young adults who drink alone had more binge drinking episodes and were at greater risk of developing alcohol use disorder symptoms later in life. Share this [new resource guide](#) with Service members so they learn how to understand their drinking habits and can use these responsible drinking tools to cope with stress during the holiday season.

All topics and resources highlighted in the e-Newsletter can be found at [www.ownyourlimits.org](http://www.ownyourlimits.org).



[www.ownyourlimits.org](http://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