

# The Buzz

## ON RESPONSIBLE DRINKING



### It's Never too Late to Create Responsible Drinking Goals!

Are Service members concerned how alcohol is negatively affecting their lives (think: feeling sluggish or being late for duty)? Remind them that drinking responsibly means checking their drinking habits, owning their limits and sometimes making changes. Check out the new Own Your Limits [video about creating responsible drinking goals](#) and share the following takeaways with Service members:



- **Start small.** Changing your habits might sound like a tall order, so let's break it down and start by reflecting. Check in on [your relationship with alcohol](#) by asking yourself if you can relate to any of these scenarios (think: relying on alcohol to have a good time or getting drunk by yourself). Remember, being honest with yourself can help you identify what changes you may want to make.
- **Check your habits.** Check out the anonymous [Drinking Habits Quiz](#). Take five minutes to check in on your drinking habits and commit to drinking responsibly – for yourself, your future and your loved ones.
- **Set goals.** Based on the results from the quiz, set achievable responsible drinking goals for yourself. One way to reshape your relationship status with alcohol is by changing simple drinking routines. Check out these [tips for drinking less](#) to find quick ways to get started.
- **Take action.** Changing your drinking habits may be hard, and it may take a few tries before the new habits stick. As you work to meet your responsible drinking goals, take a deep breath, check in with yourself and celebrate how far you've come (you've got this!).

Owning your limit means you can put your best self forward and protect the things and people you care about. Share the [Creating Responsible Drinking Goals: Set Yourself Up for Success! video](#) to help Service members achieve their responsible drinking goals. No one ever said you can't set new goals in the Fall!

### THE CAMPAIGN

Share the new [Why Service Members May Use Alcohol to Cope article](#) to remind them that leaning on alcohol to cope is risky, and rather than helping, it can hurt the situation. They may not realize drinking only provides temporary relief. In fact, the reasons or feelings that led them to turn to alcohol can come back once the alcohol wears off and be even harder to deal with. Help them learn healthy ways to cope instead of leaning on alcohol.

### ONE LAST THING



Are Service members thinking about taking a break from alcohol? With Sober September around the corner, now may be the time! Share the [31 Days Without Alcohol](#) activity sheet so they can cross off every day they choose to be sober. Also, share the [Hit Pause on Drinking article](#) to highlight the benefits of taking a break!

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



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