

The Buzz

ON RESPONSIBLE DRINKING



Drink Responsibly... Even from Home!



Off-base activity restrictions and stop movement orders are making 2020 look a little different than expected. A Service member's new at-home routine may affect their drinking habits, so encourage them to stay on track with their health goals by drinking responsibly.

Share these tips on how to monitor drinking habits from home and create a safer drinking routine:

- **Check your drinking habits.** The first step to monitoring your drinking is to understand your drinking habits. Use this [anonymous quiz](#) to see how you're doing and set a goal.
- **Stay on track.** Once you set a goal, use this daily [drinking tracker](#). Mark down each drink before you have it and use this [calculator](#) to make sure your drink recipes stay within the standard drink limits.
- **Team up with a buddy.** If you decide to cut back on drinking, do it with a buddy and try other activities together instead of drinking (like a virtual workout). Check out other [tips for cutting back on drinking!](#)
- **Slow down on stocking up.** If you're looking for ways to [drink in moderation](#), buy smaller amounts of alcohol. Also, consider swapping out booze for fizzy drinks like flavored sparkling water or non-alcoholic beers.
- **Pair with plenty of water.** Remember to drink a glass of water with every alcoholic drink. This will help you practice [responsible drinking](#) and enjoy the drinks you have.

Owning your limits at home is just as important as owning them at a bar. Remind Service members that if they choose to drink, there are tools to help them drink responsibly and stick to their overall health goals.

THE CAMPAIGN



Are your Service members PCSing or going through other changes? Encourage them to check out these tips on [healthy ways to cope with change](#) to help during these times.

KEEP PSYCHOLOGICAL HEALTH TOP OF MIND!

During September's Suicide Prevention month, check in with Service members about their psychological health and share information about the [relationship between alcohol and suicide](#). Remind them that asking for help is a sign of strength and encourage them to reach out to their health care provider. For immediate help or if someone is in crisis, contact the [Military Crisis Line](#) using the [online support chat](#), calling 800-273-8255 (press 1) or texting 838255.