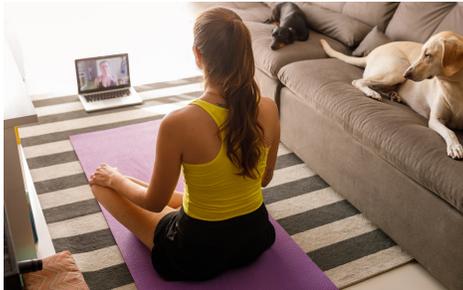


# The Buzz

ON RESPONSIBLE DRINKING



## Drinking Responsibly During COVID-19



**C**COVID-19 is impacting many Service members' routines, deployment and PCS schedules and mindsets. As the world continues to face new challenges related to COVID-19, it's easy to slip into new drinking habits or turn to alcohol to cope with the added stress. Share these tips

with Service members on how to keep their drinking habits in check during these uncertain times:

- ▶ **Stay connected.** If your Friday night usually involved hitting the bar, sharing some laughs and having a couple of drinks, create new things to look forward to. Have virtual game nights or dinners with friends and family so you can virtually **'hit the town'** while drinking responsibly.
- ▶ **Who says you can't get a good workout from home?** Drinking responsibly helps avoid a negative impact to your physical health. Also, exercise (specifically cardio) can reduce anxiety and depression. Try free workout classes, dance around your room or compete with a buddy to do 100 push-ups and 100 sit-ups a day.
- ▶ **Let yourself relax but stay safe.** **Drinking too much** can cause weight gain, harm sleep quality, lead to alcohol poisoning and many other negative outcomes. **Drink moderately** so you can relax safely or avoid alcohol altogether if you're underage, taking medication, pregnant or if drinking negatively impacts job performance or relationships.
- ▶ **If you notice you're starting to drink more, get help.** We hear you and we're with you. These times are unlike any other. If you realize you are drinking more than the moderate amount, consider **getting help** or find **Service-specific resources here**.

Let Service members know that maintaining good drinking habits is one of the best ways to be kind to yourself and your body during these trying times.

## THE CAMPAIGN



Share these new articles to help Service members own their limits:

- ▶ In a world of memes and social media, Service members may have heard some questionable truths about alcohol. Share these **myths (and facts!)** about alcohol to promote responsible drinking this summer.
- ▶ Do Service members need a refresher on how drinking too much **alcohol can impact their weight**? Arm them with these tips so they can hit their goals and maintain their weight.

### Keep health top of mind!

Now, maybe more than ever, staying healthy is important. For Women's Health Month (May) and Men's Health Month (June) ask Service members how you can help them maintain healthy habits and share these drinking tips for **women** and **men**. Encourage them to give their bodies healthy foods, water and well-deserved time to rest and recharge.



**OWN YOUR LIMITS**

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

**SERVE HONORABLY.  
DRINK RESPONSIBLY.**

Share how you use our materials to promote responsible drinking.

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