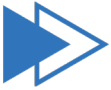




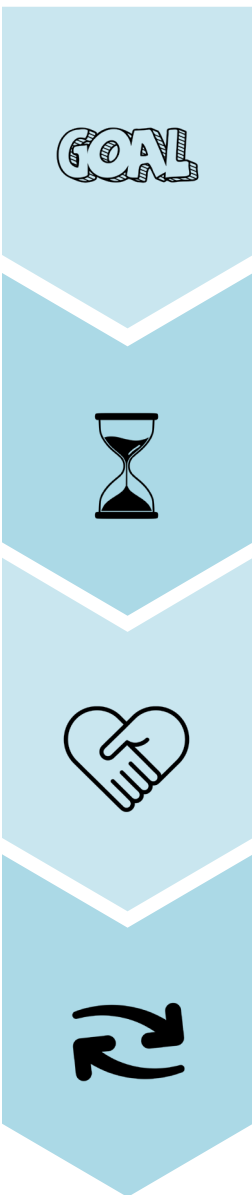
Alcohol and Drug Education

Moderate Use Strategies



Moderation is a type of substance use goal where a person decides to reduce how much or how often they use one, or more, kinds of substances.

Tips for Successful Moderation



Set a clear, measurable goal (e.g., up to 2 drinks per day, or cannabis use no more than three times a week).

Space use out over time.

Share your limits with a trusted person so they can provide support.

People who drink can use strategies like alternating with non-alcoholic drinks or avoiding drinking on an empty stomach.



Distract with activities that don't involve substance use.

Identify "no-use" days.

Remove alcohol or drugs from the home.

Make a daily practice of getting enough sleep, eating healthily, exercising, and having fun without alcohol or drugs.



LEARN MORE:
www.veterantraining.va.gov/substances

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