



TE OPE KĀTUA O AOTEAROA  
**DEFENCE FORCE**

# LET'S RETHINK OUR DRINK

Moderate drinking = 1-2 standard drinks per day  
Heavy drinking = 3-4 standard drinks per day



## 5 TIPS FOR REDUCING YOUR ALCOHOL CONSUMPTION

### PLAN

Set achievable goals

### SEEK SUPPORT

Reach out to others

### KEEP TRACK

Keep a diary noting savings, effects, and progress

### REWARD

Treat yourself to something special with what you save

### USE TOOLS/APPS

Build support, get active, change thinking, keep calm, sleep better

#### TIPS, TOOLS AND FURTHER INFORMATION:

Force for Families: <https://force4families.mil.nz>

NZDF Health: <https://health.nzdf.mil.nz>

The Level: <https://thelevel.org.nz>

Drug Foundation: <https://www.drugfoundation.org.nz>

Alcohol.org: <https://www.alcohol.org.nz>

The Inside Word six-episode series: <https://www.tvnz.co.nz/shows/the-inside-word>

Living Sober: <https://livingsober.org.nz>

Operation Stand Email: [opstand@nzdf.mil.nz](mailto:opstand@nzdf.mil.nz)

a safer

# STAND

on substance use



HEI MANA MŌ AOTEAROA  
A FORCE FOR NEW ZEALAND



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## TŪ TIRA COMRADESHIP

RESPECTING AND LOOKING OUT FOR EACH OTHER

### TALK

Seek support, let others help, plan and create expectations

### STAND

Intervene early. Call out harmful behavior. Be courageous.  
Educate yourself

### LEAD

Who needs help? How can you influence them? How  
can you create a positive culture?

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## Tū Tika - Commitment

Giving Your Best

## Tū Maia - Integrity

Doing the Right Thing - Always

### STAY ON TRACK

List what's important. Identify warning signs. Know your de-stressors. Set then reset goals

### MANAGING WITHDRAWAL?

Plan your day to avoid cravings. Create a safe symptom management environment. Keep hydrated. Seek medical support

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