**Subject Line Options:**

A) New Video — This dot ⚫️ can help service members fight harmful habits
B) Share new materials to normalize help-seeking for service members

 **Email copy:**

Dear Colleagues,

Military life can be demanding, and sometimes service members turn to coping mechanisms that do more harm than good. Habits like gambling, drinking or wasting too much time on porn or video games can easily get out of control and threaten their well-being.

The Defense Department’s Military Community and Family Policy team created a new video called “Coping? How’s It Going?” for service members to reflect and recognize when unhealthy habits are interfering with their life and work.

The goal is to help us normalize and destigmatize help-seeking by sharing the video far and wide. Military Community and Family Policy has pulled together a toolkit of easy-to-share resources to help get the word out.

The Coping? How’s It Going? Toolkit, available at [https://militaryonesource.mil/media/toolkits/bad-habit-hackers-toolkit/](https://militaryonesource.mil/media/toolkits/bad-habit-hackers-toolkit/?utm_source=sp-email&utm_medium=email&utm_campaign=re-the-we&utm_content=coping-hows-it-going), includes:

-- An animated video: “Coping? How’s It Going?”
-- Social media content
-- Digital banner ads with HTML embed code
-- Articles about maladaptive behaviors
-- And more!

Visit the toolkit at [https://militaryonesource.mil/media/toolkits/bad-habit-hackers-toolkit/](https://militaryonesource.mil/media/toolkits/bad-habit-hackers-toolkit/?utm_source=sp-email&utm_medium=email&utm_campaign=re-the-we&utm_content=coping-hows-it-going), take a look and grab resources you can share to boost well-being in the military community.

V/r,