



TIME TO ASK

Education that transforms conversations about alcohol use

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HIDDEN HEALTH BOOSTS: BENEFITS OF CUTTING BACK ON ALCOHOL

Making small changes, like cutting back on the amount of alcohol you consume can have surprising positive impacts that can help you achieve a healthier, happier you. Read the lesser known benefits of reducing alcohol consumption. *If you experience any alcohol withdrawal symptoms it's important to talk with a doctor.*



1 Improved Sleep Quality

Break the cycle of disrupted sleep! Cutting back on alcohol can lead to better sleep patterns, leaving you feeling refreshed and energized each morning.



2 Enhanced Mood & Mental Clarity:

Experience a mental boost! Reduced alcohol intake can sharpen your focus, concentration, and overall cognitive function, supporting a clearer mind and improve your overall mood.



3 Improved Sexual Health:

Ignite the passion! Limiting alcohol can enhance sexual function and satisfaction, improving overall sexual health and intimacy.



4 Vibrant Skin:

Unlock a natural glow! Limiting alcohol can contribute to healthier skin, reducing inflammation and promoting a more radiant complexion.



5 Weight Management:

Shed those extra pounds! Cutting back on alcohol can aid in weight loss and help you achieve a healthier body mass index (BMI).



6 Balanced Blood Pressure

Keep your heart happy! Alcohol reduction has been associated with improved blood pressure levels, supporting cardiovascular health.



7 Save Money

Invest in yourself! Cutting back on alcohol can lead to significant savings, improving your financial well-being.



8 Increased Energy Levels

Reclaim your vitality! By cutting back on alcohol, you may experience increased energy levels, enabling you to embrace a more active lifestyle.



Resources:

- <https://www.niaaa.nih.gov/about-niaaa/directors-page/niaaa-directors-blog/taking-break-alcohol-can-be-good-your-health>
- <https://www.niaaa.nih.gov/health-professionals-communities/core-resource-on-alcohol/medical-complications-common-alcohol-related-concerns>
- <https://www.healthline.com/health-news/what-happens-to-your-body-when-you-quit-alcohol-for-30-days#11>
- <https://www.webmd.com/mental-health/addiction/ss/slideshow-quit-alcohol-effects>
- <https://www.npr.org/sections/health-shots/2019/06/23/732876026/breaking-the-booze-habit-even-briefly-has-its-benefits>
- <https://www.recoveryanswers.org/research-post/reducing-or-quitting-drinking-an-extensive-review-of-health-benefits/>
- <https://www.psychologytoday.com/us/blog/married-and-still-doing-it/201811/8-ways-alcohol-can-affect-your-sex-life>
- <https://www.nytimes.com/2024/01/02/well/eat/dry-january-health-benefits.html>