

Benefits of taking a break from alcohol.

Whether it's going tee-total or reducing our intake, reducing our consumption of alcohol has numerous benefits for our health and wellbeing. If you're still on the fence about taking a break from alcohol, ask yourself; am I drinking too much?

The associated risks of alcohol use increase as our consumption increases. In other words, the more we drink, the more negative effects we can experience. Let's ask ourselves; how much is too much?

Binge drinking is the consumption of 6 or more standard drinks in one sitting.

1 standard drink = 10g of alcohol or:

- ½ pint of beer, stout or cider
- A small glass of wine
- 1 measure of spirits.

Lower-risk consumption is 17 standard drinks for men and 11 standard drinks for women, spread out over the course of a week with at least two alcohol free days.





Here are some of the benefits of reducing your alcohol intake:

1. Improving your physical health: Alcohol impacts on numerous areas of our body including the liver, heart, and weight management. With long-term use, or binge drinking, this impact is magnified. Reducing your alcohol intake will limit your chance of associated risks to your body and also assist in achieving your 2025 health goals.

2. Improved mental wellbeing: Alcohol is a depressant and impacts our mental wellbeing in a variety of ways. By reducing our alcohol intake, you will improve your mood while lowering your risk of conditions such as depression.

3. Improved sleep: Sleep is often the forgotten area of wellbeing when we review our goals for the year. The win-win impact of reducing your alcohol intake is that it improves your sleep. While general discourse may suggest an alcoholic “night-cap” can provide a good nights sleep, the evidence is clear that alcohol reduces the quality of our sleep which is one of the reasons for the grogginess we feel the morning after drinking.

4. Increased productivity: Alcohol drains us in numerous ways, which often results in a hangover the next day and impacts our energy levels, motivation, and ability to think clearly. Even if you decide to socialise and stay out with friends late into the night, an alcohol-free night will mean you wake up much more refreshed than if you had even just a few drinks. This improves our efforts in work, social connections, physical activity levels, and food choices.

5. Better relationships and social connections: Alcohol lowers our inhibitions, leading to poor choices, and in some cases increased anger. This can have very detrimental effects on our relationships.

