



# More life. Less hangovers.



## Benefits of Drinking Less

Even small changes can lead to meaningful improvements. You don't have to quit completely to start feeling better. Here are some of the benefits people commonly report—some show up fast, and others build over time.

### Short-Term (1–7 days)

**Improved sleep** – Fall asleep faster, stay asleep longer, and wake up feeling more refreshed.

**More energy** – Without alcohol dragging you down, your body starts to rebound almost immediately.

**Better hydration** – Less alcohol means your body holds on to more water, which helps with focus and mood.

**Mood stability** – Alcohol can amplify anxiety or sadness. Drinking less helps your emotions stay more even.

### Medium-Term (2–6 weeks)

**Sharpened focus** – Mental fog clears, decision-making gets easier, and you may feel more productive.

**Healthier digestion** – Your gut and liver start to recover, often leading to better digestion and appetite.

**Improved appearance** – Skin looks healthier, dark circles fade, and inflammation goes down.

**More time** – Mornings feel longer, weekends aren't wasted, and you find yourself doing more of what you love.

### Long-Term (2+ months and beyond)

**Better relationships** – You may notice more patience, presence, and ease with people in your life.

**Financial savings** – The cost of alcohol adds up. Cutting back often frees up money for other things.

**Stronger immunity** – Your body becomes more resilient to colds and illness as your system recovers.

**Improved liver health** – Giving your liver a break helps it function better and lowers long-term disease risk.

**Deeper sense of self** – With less numbing and more clarity, many people feel more in tune with themselves.

Every person's experience is different, but most say they didn't realize what they were giving up—until they started to get it back.

Ready to see what it could look like for you? Start with a small shift. See what returns.

See more stats and learn how cutting back helps:

Visit [LiveMoreNM.org/alcohol-stats](https://www.livemorenm.org/alcohol-stats) | Or call anytime: 833-796-8773