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Alcohol: How and Why to Quit for Good

Our Friends · Friday, October 10th, 2025

Alcohol is the second most consumed drug (after caffeine), but that doesn't necessarily mean that it's good for us. A large part of the reason why use is so widespread isn't because of the benefits of alcohol, but due to the sheer amount of time that humans have been consuming alcohol.

Studies show that we humans have been drinking alcohol for a staggering **13,000 years**, and when something has become *that* established, it's hard to put meaningful bans in place. If alcohol were invented today, and we know everything about its effects, then there's every chance that it would receive an instant ban. In the US alone, some **175,000 people die due to alcohol-related causes each year**.

Even mild alcohol abuse can have far-reaching negative effects, impacting sleep quality, mental well-being, and personal relationships. People who give up alcohol for good rarely regret their decision.

The problem is that actually giving up can be a challenge. With that said, there are plenty of proven strategies that can make the journey towards sobriety more straightforward. Having an understanding of all the reasons *why* it can be beneficial to give up alcohol can also help.

Let's take a look at both.

How to Give Up Alcohol

Giving up alcohol can be difficult for many reasons. In some cases, alcohol simply plays a massive role in the person's social life, and they can't imagine what it would be like to live without it. In other instances, alcohol has become a self-medication that people take to deal with stressful or painful situations.

Whatever the cause, giving up alcohol really is achievable — and once you have, you'll realize that you never needed it in the first place. Here are some helpful tips that can make saying goodbye to alcohol as smooth as possible.

Set the Intention

For many people, setting the intention to give up alcohol is the most important step. This signals to yourself that you no longer want to have alcohol in your life.

Get Help

While motivation to quit alcohol is a good start, it doesn't always lead to success. The reason for that is that initial motivation or willpower is not that powerful on its own. Most people find that they need some support to become alcohol-free, especially in the first few weeks/months. You don't need to go through the journey; there are plenty of places to find help. For people with more pronounced alcohol problems, an **addiction treatment center** is recommended. People who have their alcohol consumption mostly under control may find that having an accountability partner (such as a friend or family member) is enough. In any case, the main thing is to remember that whatever your situation, you don't need to go through it alone.

Replace the Habit

Many people who attempt to give up alcohol can feel as if something's missing from their lives. That's not true — giving up alcohol opens up many more possibilities — but it can certainly *feel* like it. One handy tip is to look at replacing the habit with something more positive. For example, instead of building your weekend nights around going to a bar, maybe you'll go for a night hike with friends or join a sports team.

Celebrate Your Progress

By making the decision to quit alcohol, you've taken a big step towards improving your life — and that alone is worthy of celebration. Over time, make an effort to celebrate your progress. Whether it's one week, one month, one year, or ten years without alcohol, you'll be showing yourself that you have what it takes to dig deep. Plus, these public celebrations can also serve as inspiration to other people who might be considering giving up alcohol themselves.

Why Give Up Alcohol

You'll be even more motivated to give up alcohol if you understand the negative impacts of alcoholic drinks. Let's take a look at some of the most common consequences of regular drinking.

It Can Seriously Impact Physical Health

It used to be believed that small amounts of alcohol could be beneficial to one's health. That theory has been debunked by the latest research, which indicates that there's **no safe amount of alcohol**. More regular/moderate drinking habits can have a wide range of health implications, including affecting the central nervous system and causing liver damage and heart disease.

Even if you don't have those effects, alcohol is probably making you more sluggish. By living an alcohol-free life, you'll be giving your body what it needs to be at its best — and you'll likely find that you have much more energy.

It Takes a Toll on Mental Well-Being, Too

People often downplay the impact that alcohol has on their mental well-being. While people consume alcohol for the relaxing effect, that's often short-lived, and not always guaranteed — it can also cause feelings of anger and sadness, especially if you're dealing with unresolved issues.

On a longer-term basis, alcohol can increase a person's risk of depression and anxiety. It can be

normal for people to self-medicate with alcohol when going through sad or stressful moments, but rather than helping, it actually makes things worse.

It Can Harm Relationships

People tend to see alcohol as a social lubricant, yet while it might make you more friendly with a stranger in the bar, it can impact your relationships with the people closest to you. Moderate drinking can lead to arguments or emotional distance, or even just make it more difficult to co-exist, since even routine things — just as cleaning and cooking — can become more difficult.

It Ages You More Quickly

Finally, alcohol can cause premature aging, making you look (and feel) older than you really are. It impacts skin appearance and can also make you less energetic than you otherwise would be. This often happens because alcohol consumption impacts **sleep quality**, which is essential for waking up refreshed and energized. While alcohol might make you fall asleep more quickly, it'll prevent you from getting the deep rest that your body and mind need.

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