

Tips for Quitting Alcohol – How to Stop Drinking Alcohol?

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Alcohol consumption is harmful and can lead to a host of negative consequences, including increased stroke, cancer, and heart disease risk; worsening mental health; increased risk of accidents and injuries; problems at work; relationship issues; birth defects and fetal alcohol syndrome. Therefore, quitting should be a top priority.

The good news is that many effective methods for stopping drinking exist right now, from going to alcohol rehab to avoiding your triggers. If you're struggling with alcoholism, reach out for help today – there's no shame in admitting that you need assistance to overcome this dangerous disorder.



Choose a Date to Quit and Stick To It

One of the most effective alcohol treatment approaches is to pick a date you'll quit drinking and stick to it. Defining a watershed moment in your life after which you won't drink can be extremely helpful.

This approach works because it helps you change your story about yourself. Once you flip your identity to someone who doesn't drink alcohol, quitting gets easier.

Do Something Else with Your Time

Many people who wind up in alcohol rehab or an addiction treatment center start as regular drinkers. They go to the bar like everyone else because that's what seems normal.

Unfortunately, these habits can cause drinking to spiral out of control. Eventually, you could find yourself becoming a heavy drinker just because that's how you spend your time when you're not at work.

The trick here is to do something else with your time, preferably something healthy. For instance, instead of going to the bar at night, you could join a choir, play sports, or go to the gym.

Seek Professional Help

If you are struggling to control your alcohol consumption, you may need addiction treatment. Many clinics now offer outpatient services, meaning you don't have to stay at night. Medical professionals support you during the day with a combination of medical and talk therapies designed to address the root causes of your drinking.

Avoid Triggers

Many people wind up in drug rehab because of triggers: things in their environment that compel them to consume alcohol. Therefore, you should work to avoid these at all costs.

Common alcohol triggers include negative emotions, hunger, loneliness, stress, and tiredness. As such, try to surround yourself with healthy, happy people who can support you during challenging times.

Take Care of Your General Health

You should also endeavor to take good care of your general health. Getting enough sleep, eating a healthy diet, and engaging in regular physical activity can all have a positive effect on your mood and how you feel. This, in turn, can reduce your desire to drink because you feel better overall.

Find a Support Group

Lastly, try to find a support group of people going through similar struggles as you. Reach out to family, friends, and people in the community. Alcoholics Anonymous groups run across the whole country and can be found in practically all towns and cities.

Ultimately, as with any drug treatment, quitting alcohol is a journey. While you might experience some setbacks along the way, most people succeed.

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