

Try an alcohol-free January



Taking a break from drinking in January can be an ideal way to reset your relationship with alcohol and improve your overall wellbeing.

Here's how cutting back or pausing your alcohol intake can boost your health and job performance, along with practical tips to help you ease into this lifestyle change.

Curious about your drinking?

Scan the QR code and join thousands of people checking their drinking with Drinkaware's [FREE Drinking Check](#)



Health benefits of a break from alcohol



Improved sleep quality

Cutting back on alcohol can help you get better sleep, leading to greater energy and improved focus on-site.

Better physical health

Reducing your drinking decreases the risk of high blood pressure, heart disease, and liver issues—key for anyone in a physically demanding role.

Sharper focus

Alcohol affects your brain, so a break from drinking can improve your reaction times, which is essential for safe operations on the job.

Tips for taking a break from drinking



Make your intentions known

Tell your family, friends and colleagues that you're taking a break from drinking alcohol. They might join you or support you in social settings.

Try alcohol-free alternatives

Many alcohol-free beers and wines offer the same social experience without the effects of alcohol.

Plan activities

Consider different ways to unwind like exercise, hobbies, or spending time with family.