

Alcohol Abstinence: Take a 30-Day Break



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Every time you drink alcohol you build tolerance. How fast your tolerance grows depends on frequency, the amount, the age started, and family history. Decisions about your use of alcohol may need to be made whether it's to be healthier, improve relationships, financial issues, or due to legal pressures. Abstinence can assist with lowering tolerance to ease moderation of use and give your body a break. Abstinence is made up of small, daily decisions. Every day this month make the decision to take a break from alcohol. It will help improve your spiritual, mental, and physical well-being.</p>					1 Be proud of each success through a craving, pressure to drink, or difficult situation.	2 Plan your time so there are few moments when you are bored.
3 You may feel anxious or nauseated so take care of yourself or seek medical aid.	4 Find other things to do with your hands. Play with a string, stress ball, or smooth stone.	5 You should begin to feel an increase in motivation and energy levels.	6 Start a fund for a holiday or a shopping spree from the money you are saving.	7 Use fresh fruits, vegetables, and unsweetened juices to deal with any cravings.	8 Take each day one at a time. It will eventually become a week or month at a time.	9 Promise yourself not to give into the urges. Notice who is having fun without drinking.
10 Open yourself to new music, places, or people not associated with drinking.	11 Look ahead to upcoming events and think about what your plan is to deal with triggers.	12 Start working on a new, stronger image of yourself. Practice saying, "No, thank you."	13 Review the reasons you decided to abstain and stay motivated.	14 Catch yourself feeling stressed, take a moment, and just slowly breathe.	15 Renew your promise to yourself not to drink. If you do slip, stop at that point.	16 Realize you always have choices. Sometimes it's choosing a positive change.
17 Remember your first days abstaining and tell yourself you are doing great.	18 Stay committed. Make the decision again to not drink. It's within your power.	19 Think and plan for situations/events that might cause difficulties in the future.	20 To ensure success, be wary of "I can keep control with a drink" thoughts. Be realistic.	21 Ease stressors with exercise, journaling, or speaking with others.	22 Look at what you see and feel about yourself. Determine if you are being true to your identity.	23 Be your best self. Listen and engage with likeminded others to form new social contacts.
24 Take an honest look at your progress so far. What needs to be changed?	25 Remember you are not alone. We all struggle at times. Ask for help when you need it.	26 If a slip occurs, don't allow guilt to take over or use it as an excuse to keep drinking.	27 Don't associate drinking with pleasure. Reminiscing signals dependence.	28 Evaluate self-satisfaction by clarifying your goals, values, and priorities.	29 Separate what you can change and control from what you can't. Make healthy decisions.	30 Congratulations! Be proud of your success. Take the next step to begin a new goal.