



# The First 90 Days

## Physical & Mental Changes When You Take a Break From Alcohol

### Month 1 - Embrace the power of detox!



Reduced puffiness in face



Improved hydration and digestion



Sleep quality and mental clarity improves



Be cautious of mood swings or irritability

### Month 2 - New starts to feel normal!



Increased metabolism, sometimes weight loss



Fewer skin blemishes and inflammation



Improved energy and productivity



Be cautious of heightened emotions

### Month 3 - Seeing is believing!



Liver health improves, sometimes as much as 80%



Recovered immune system, leading to fewer illnesses



Reduced anxiety and depression



Enhanced self-esteem and confidence

**Every person's experience is different.** Whether you embrace an alcohol-free life or opt to remain sober-curious, the key is self-awareness. Stay honest with yourself about how you're feeling and be intentional about your relationship with alcohol.