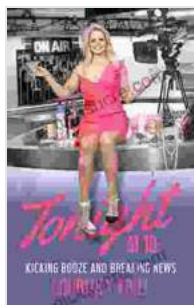


# Tonight at 10: Kicking Booze and Breaking News



## Tonight at 10: Kicking Booze and Breaking News

by Courtney Friel

★★★★☆ 4.7 out of 5

Language	: English
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In the wake of recent events, many people are reevaluating their relationship with alcohol. A recent study by the National Institute on Alcohol Abuse and Alcoholism found that alcohol consumption has declined in the United States over the past decade. This trend is particularly pronounced among young adults, who are drinking less than their parents and grandparents did at the same age.

There are a number of factors that may be contributing to this decline in alcohol consumption. One factor is the growing awareness of the health risks associated with drinking. Alcohol is a known carcinogen, and it can also contribute to liver damage, heart disease, and stroke. In addition, alcohol can interfere with sleep, mood, and cognitive function.

Another factor that may be contributing to the decline in alcohol consumption is the changing social landscape. In the past, alcohol was often seen as a way to socialize and relax. However, today there are more and more alcohol-free options available, and people are becoming more comfortable with socializing without drinking.

Breaking news events can also have a significant impact on our drinking habits. When we are confronted with stressful or traumatic events, we may turn to alcohol as a way to cope. However, alcohol can actually worsen the effects of stress and trauma. In the long run, it is better to find healthy ways to cope with stress and trauma, such as talking to a friend or family member, exercising, or meditating.

If you are thinking about cutting back on your alcohol consumption, there are a number of resources available to help you. You can talk to your doctor, a therapist, or a support group. There are also a number of online resources available, such as the National Institute on Alcohol Abuse and Alcoholism website (<https://www.niaaa.nih.gov/>).

Kicking booze can be difficult, but it is possible. If you are struggling with your alcohol consumption, please know that you are not alone. There are people who can help you.

### **Tips for Cutting Back on Alcohol**

- Set realistic goals. Don't try to quit drinking cold turkey. Instead, start by setting small goals, such as cutting back on the number of drinks you have each day or week.
- Find activities to replace drinking. If you used to drink to socialize, find other ways to have fun without alcohol. There are plenty of activities

you can enjoy, such as going to the movies, playing sports, or spending time with friends.

- Talk to someone. If you are struggling to cut back on your alcohol consumption, talk to your doctor, a therapist, or a support group. There are people who can help you.

Kicking booze can be difficult, but it is possible. If you are thinking about cutting back on your alcohol consumption, there are a number of resources available to help you. With the right support, you can achieve your goals and live a healthier, happier life.



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