

Stop Drinking Coffee and Alcohol for a Year and This Happens

Ever wonder what your life would be like if you suddenly dropped some of the habits that you do regularly? As a person who drinks coffee pretty much every morning, the notion can be a tough one to stomach. Maybe even more so for the person who enjoys having a few beers every night after work or on the weekends when it's play time.

But a lot can change in your life by cutting out certain habits. If you've been thinking about making a change, here's one person's account of the things that changed for them after ditching coffee and alcohol completely:

You'll save quite a bit of money

Have you ever thought about how pricey alcoholic beverages can be? I mean, I had two tacos and a beer tonight for dinner; the beer cost me \$3.50 and the tacos cost me \$8. I can buy a whole six-pack of beer for \$9.

If you regularly go out and spend money on drinks, whether it's at a bar or a restaurant, you're likely paying quite a bit to consume that alcohol.

Cocktails easily reach up to \$10 a piece, with beers ranging around \$4 to \$5 each. Even if you you spend only \$10 a day on alcohol, that's \$300 a month. Not to mention, people rarely just drink. They get food and appetizers to go with it.

Before you know it, all of these things add up, and you're spending thousands of dollars.

Less social drama

If you're not drinking as often, you're probably not going out as often. Cutting alcohol out of your diet means quite a few things in the social world.

One, you're going to have to explain to people why you're not drinking and that not even having one drink is okay with you. Two, you probably won't want to go out as much, and you'll want to hear about social gossip even less. Three, you're not going to want to hang out with a bunch of drunk people while you're sober for very long.

Lastly, you'll quickly realize how many of your friendships were based entirely on your shared passion for getting drunk.

You'll sleep better

Quality of sleep is a very real thing, and it's not just about how fast you can fall asleep. Sure, having a glass of wine or two will help you doze off into la-la land fairly fast, but how well are you sleeping once you doze off? And how well do you feel in the mornings?

Quitting alcohol makes waking up easier and gives you more energy during your days.

Less coffee, less anxiety

While this point should be taken on a case-by-case basis, coffee is not for everyone. I used to never drink coffee and I was fine. I drink coffee now, and I'm fine. But for a lot of people the caffeine can lead to increased bouts of anxiety and difficulty with digestion.

If you've been thinking about ditching coffee, do it. If you love the taste and smell, grab your favorite decaf and snack on that when you get a craving.

For many of us, coffee is a social activity, just like alcohol. Make sure you're not just drinking stuff so you can hang out with your friends.

h/t [HuffingtonPost](#)

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