

Alcohol and Drug Snapshot

October 2025



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Sober October

What a month of being alcohol free can do for your health.



During the month of October, it has become popular for people to consider going sober for the month and doing “Sober October”. Along with the health benefits that come with stopping drinking alcohol it gives people a chance to re-evaluate their relationship with alcohol.

So, if this is something that you are considering what are some of the benefits might you be likely to experience?

Below are some examples of changes you can experience. A fuller list can be found [here](#)

You might notice you have lost some weight.

With a large glass of white wine containing 200 calories and a pint of lager containing about 180 calories, it’s easy to see how a few drinks can add up to extra calories. That’s not all though, a [survey](#) carried out found that after approx. 3 large glasses of wine (this could be almost 10 units of alcohol at the one time) this pushed people passed a tipping point where they consumed about 6,300 extra calories in the following 24 hours. The extra calories could lead to gaining 2lb a week (900g), the survey of 2,042 people suggested.



Your liver health is improving.

Your liver is one of the body’s largest and most important organs. It plays a role in over 500 vital processes. Unlike most of our organs, the liver has an incredible ability to regenerate itself. When you stop drinking completely, your liver is finally able to rest and regenerate without the constant toxic influence of alcohol metabolism. This respite allows the remaining healthy liver cells to begin regenerating and renewing themselves at an accelerated rate. Other benefits include:

- Inflammation is lowered
- Liver enzymes return to normal
- Fat deposits on the liver reduce
- Fibrosis can be reversed

You can find more information [here](#)



Your mental health improves

Regular, heavy drinking interferes with chemicals in the brain that are vital for good mental health. Although you might initially feel relaxed after a drink, alcohol can contribute to feelings of [depression and anxiety](#). By stopping drinking, feelings of stress could become easier to deal with, and your mental health could improve.





Alcohol Focus Scotland is a national alcohol charity working to reduce harm caused by alcohol.



Alcohol Change UK is a leading UK alcohol charity, formed from the merger of Alcohol Concern and Alcohol Research UK. We at Alcohol Change UK work for a society that is free from the harm caused by alcohol.



Healthy Minds Resource
Information Session

Healthy Minds is a universal resource which aims to promote basic awareness and understanding of mental health and topics that are associated with and can impact on mental health and wellbeing. The aim of this session is to raise awareness of the relationship that can exist between alcohol and mental health.



We, the British Liver Trust, now merged with the Children’s Liver Disease Foundation, are the largest UK liver charity for people affected by a liver condition and we lead the fight against liver disease and liver cancer. We reach over a million people each year; providing up-to-date information and support to patients and families, raising awareness of liver disease and its risk factors and providing vital advice to help people improve their liver health.



Maintaining a healthy weight or losing some weight has real health benefits. Losing just 5kg (11 lbs) could lower your blood pressure and cholesterol levels and may improve your mobility and reduce aches and pains! You can find out more about NHSGGC Weight Management services can help you to manage your weight.



Alcohol and Recovery Drug Services (ADRS) provides a range of treatment and care options for individuals who are affected by their own or someone else’s alcohol and/or drug use.



NHS Inform host a directory of health and wellbeing services in Scotland. Including GP practices and support groups.