



First Nations Health Authority  
Health through wellness

# Sober(er) for October New Season, New Health Goals

A message from Dr. Shannon McDonald, Acting Chief Medical Officer

Traditionally, First Nations people travelled to different parts of our territories and villages, changing our lifestyles and diets based on the season. The seasonal cycle was always a new beginning, in a way—a time to reflect, reset and adapt.

Every October, the FNHA provides people with an opportunity to set or reset your health and wellness journey: the Sober(er) for October Challenge ([fnha.ca/wellness/community-wellness/soberer-for-october](https://fnha.ca/wellness/community-wellness/soberer-for-october)).

At the beginning of this month-long challenge, you might want to take some time to reflect on ways you can reduce or quit drinking alcohol for the 31 days of this month.

**You can expect to see and/or feel the following benefits when reducing or eliminating your alcohol consumption for 31 days:**

- **Your heart health will improve.** Reducing or eliminating alcohol consumption benefits your heart health in many ways.
- **Your liver can begin to heal and repair itself.** The liver is a vital organ responsible for breaking down and filtering harmful substances in the blood. Reducing or eliminating alcohol will allow it to detox and get healthier.
- **You will sleep better.** Reducing or eliminating alcohol will improve your sleep cycles and sleep patterns. Getting proper rest is so important to feeling and functioning at our best.
- **Your concentration will improve.** Allowing your brain to heal and restore to its natural function will help your memory, mood and nerves. This will help support your motivation for achieving your wellness goals.
- **Your skin will be healthier.** Drinking lots of water instead of alcohol will clear your skin from toxins plus hydrate it.
- **You will have more energy.** You will feel better physically and be able to be more active.
- **If you smoke cigarettes, you may find you smoke a lot less.** Some people smoke more when they're drinking alcohol.

I encourage you to join the Sober(er) for October Challenge and become a health and wellness influencer! You can do it!

