

Why Wine Makes Stress Worse - Video

Here's where you'll find the link to your bonus video.

Inside your Wine-Free Wind-Down kit, you'll find tools to help you de-stress without reaching for a drink. And if you've ever wondered why wine *feels* like stress relief—but often leaves you feeling worse—this short video will explain exactly what's going on.

It's not just you. Alcohol can actually increase stress over time—even if it seems to help in the moment.

 **Watch the video here:**

👉 <https://youtu.be/O1ku-z8ys4Q>

In this video, you'll learn:

- Why wine feels like stress relief (but isn't)
 - How alcohol quietly increases anxiety and tension
 - What's happening in your body—and why it matters
 - Why cutting back can feel hard (and how to make it easier)
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A note from me:

You don't *have* to watch this video first—but if you're curious, it's a powerful mindset shift that can help everything else in this kit land even deeper.

And don't worry: this isn't a scare-tactic video. I don't use shame, and I won't tell you alcohol is poison. That's not my style.

What I *do* believe in is giving you the information—so you can make decisions that feel right for *you*. That's what real freedom looks like.