



SYMBIOS HEALTH

Empowering Healthy Working

Dry January

A Sobering Challenge for a Healthier You

A Month-Long Journey Towards Wellness





Dry January

What...

Dry January is a public health campaign that encourages people to abstain from alcohol for the entire month of January

When...

It was started in 2013 by Alcohol Change UK (formerly known as Alcohol Concern).

Why...

To raise awareness about the health and social benefits of reducing alcohol consumption.



Why Participate in Dry January?

Health Benefits:

- Weight loss
- Improved sleep
- Better focus and concentration
- Enhanced liver function
- Financial Savings: Reduced spending on alcohol.

Social Benefits:

- Strengthen relationships
- Enhanced social experiences





How to Get Started

Register: Sign up on the official Dry January website to access resources and support.

Set Goals: Define your objectives for the month.

Plan: Prepare for social events and challenges.

Seek Support: Engage friends, family, or online communities.



Statistics and Impact

Over 4 million people participated in Dry January in the UK in 2022.

71% of participants reported drinking less six months after completing Dry January.

Long-term health benefits, including reduced risk of certain diseases and conditions.



Challenges and Strategies

Social Pressure:
How to navigate
social situations
without alcohol

Cravings: Coping
strategies to
manage alcohol
cravings

Stress: Alternative
stress-relief
methods

**FOMO (Fear of
Missing Out):**
Embrace the joy of
missing out



Success Stories

- There are lots of inspirational stories of individuals who benefited from participating in Dry January.
- Positive impacts on both physical and mental health.
- Alcohol Change UK and Dry January Community Facebook Group



Staying Alcohol-Aware Beyond January

- Reflect on your experiences and lessons learned.
- Set ongoing alcohol consumption goals.
- Encourage others to consider moderate drinking habits.



Conclusion

- Many benefits of Dry January.
- Give it a try and experience the positive changes.
- Dry January could be the first step towards a healthier and happier lifestyle.



Resources

- **Official Dry January Website:** www.dryjanuary.alcoholchange.org.uk
- **Mobile Apps:** Download apps to track your progress and receive daily motivation.
- **Support Groups:** Find local or online support groups.
- **Social Media:** Connect with the Dry January community on platforms like Twitter and Facebook.
- **Help & Advice:** [Alcohol support - NHS \(www.nhs.uk\)](http://www.nhs.uk)



TRY DRY: The Dry January app ¹⁷⁺

Track your drinking year-round

Alcohol Change UK

Designed for iPad

★★★★★ 3.5 • 541 Ratings

Free

