



# Living Well North Tyneside

Supporting Health and Wellbeing

**Challenge:** Go alcohol-free for **31 days this January** and experience the physical, mental and financial benefits of living alcohol-free.

Organised by **Alcohol Change UK**, Dry January is a global movement encouraging individuals to reflect on their relationship with alcohol. By committing to this challenge, participants not only prioritise their personal wellbeing but also contribute to raising awareness about the societal impact of alcohol. It's a perfect opportunity to reset after the festive season and start the year with healthier habits.

## Why Try Dry January?

### 1. Transform Your Health:

Alcohol consumption impacts many areas of health. By cutting it out for a month, you might experience:

- Better sleep quality and more energy during the day.
- Improved digestion and clearer skin.
- A lower risk of alcohol-related health conditions such as high blood pressure, liver disease, and certain cancers.

### 2. Boost Your Mental Wellbeing:

Alcohol can act as a depressant, affecting mood and mental clarity. A month of sobriety can:

- Improve focus and reduce brain fog.
- Lower anxiety levels and improve emotional resilience.
- Provide a sense of accomplishment and control over your choices.

### 3. Save Money:

Cutting out alcohol for 31 days can lead to significant savings. Whether it's skipping rounds at the pub or avoiding expensive bottles for home, those saved pounds can quickly add up and be redirected toward activities or treats that enhance your life.

## How to Make Dry January a Success

### 1. Set Clear Goals:

Whether you're looking to take a break after holiday indulgences, challenge yourself, or reassess your drinking habits, having a purpose keeps you motivated.

### 2. Use the Try Dry App:

Alcohol Change UK offers the free Try Dry app, a handy tool to track your progress. It lets you log each alcohol-free day, calculate money saved, and see health benefits unfold over time.

### 3. Find Your Support Network:

Inform friends and family about your commitment and encourage them to join. Sharing the challenge makes it easier and more enjoyable. Online communities are also excellent sources of inspiration and encouragement throughout the month.

### 4. Celebrate Small Wins:

Reward yourself for milestones. Reaching a week or two of sobriety is an achievement worth celebrating—perhaps treat yourself to something meaningful with the money saved.

## The Bigger Picture

Dry January isn't just a personal challenge; it's also a chance to spotlight broader conversations about alcohol's role in our culture. Alcohol-related harm is a major public health issue, contributing to hospital admissions, addiction, and societal costs. By participating, you help normalise alcohol-free living and challenge the stigma sometimes associated with sobriety.

## Dry January in the Workplace

Encouraging participation in Dry January within the workplace can yield significant benefits:

- **Enhanced Employee Wellbeing:** Improved health and energy levels can lead to better performance and morale.
- **Reduced Absenteeism:** Lower alcohol consumption can decrease sickness-related absences, boosting overall productivity.
- **Stronger Team Dynamics:** Organising alcohol-free social events fosters inclusivity and strengthens team bonds beyond traditional drinking activities.

Employers can support this initiative by:

- Promoting awareness about Dry January and its benefits.
- Providing resources and support for employees who choose to participate.
- Organising alternative social activities that don't revolve around alcohol.

For more information on implementing Dry January in the workplace, visit Alcohol Change UK's dedicated page [Dry January® in your workplace](#).

## What Comes After Dry January?

Many who complete Dry January report significant positive changes:

- A better understanding of their drinking habits.
- Increased confidence to say no to alcohol in social settings.
- An ongoing commitment to moderate or eliminate alcohol consumption.

Alcohol Change UK provides resources to help you maintain these changes or continue exploring an alcohol-free lifestyle.

## Join the Movement

This January, take on the challenge and see what 31 days without alcohol can do for you. Whether you're focusing on improving your health, saving money, or just curious to see how life feels without alcohol, Dry January is a meaningful step toward a healthier lifestyle.

Your journey could inspire others to rethink their own habits, creating a ripple effect of positive change. Take the first step today—because one month alcohol-free can lead to a lifetime of benefits.

## Related Links

- [Dry January® in your workplace](#)
- [Understand more about your drinking](#)
- [Try Dry®: the app for the Dry January® challenge and beyond](#)

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