

DRY JANUARY: HOW REDUCING ALCOHOL CAN SUPPORT YOUR MENTAL HEALTH



A HEALTHIER RESET



Many people use January as a chance to pause, reflect, and make supportive choices. Reducing alcohol, even briefly, can give your mind and body a gentle fresh start.

SMALL CHANGES MAKE A BIG DIFFERENCE

Dry January is not about perfection. It is about trying healthier routines, noticing how you feel, and building momentum toward better habits that support mental and emotional well-being.



79%

OF DRY JANUARY PARTICIPANTS REPORTED SAVING MONEY DURING THE MONTH



71%

REPORTED BETTER SLEEP AFTER COMPLETING DRY JANUARY



67%

FELT MORE PRODUCTIVE DURING THE MONTH WITHOUT ALCOHOL



93%

SAID THEY FELT A SENSE OF ACHIEVEMENT AFTER COMPLETING DRY JANUARY

MORE BENEFITS

- Improved mood
- Better sleep and more energy
- Lower alcohol cravings
- Healthier routines and habits
- Reduced stress on the body
- Increased sense of control and well-being

4 OUT OF 5



participants reported better **mental clarity** by the end of the month.

Sources:
Alcohol Change UK
American Psychological Association
University of Sussex

Dry January

WORD SEARCH

E T Q D T R M J O A A J C C I H L V T C
V I P C Y B G W V R Y O X A N I N F G R
C J X X T V Y O B S C D F L H R L N D O
E R C Y I D C L K P G O D M O A T H A U
M S K T R H Y D R A T E C U G Q A F E T
W E V I A H N Z M Z T G O A L S L G T I
N D C N L R I Z T Y Y P N I E L D Z H N
O U P U C E W B I I V O N B C V L H X E
S J E M T G E K Z N E E E T N I C V A J
M L A M E X K Q P O K P C R A N G H N T
T O Y O T X E I S P S O T O L G I E X X
X X H C K L M T Y Y W H I P A Q S A R S
M H X T B W A L K S T E O P B A S L U L
I O G I H W R C S H T V N U C M E T O L
N T J Z L H Y X H R Q R P S R J N H J C
D S W B Y T G F T R L W E T G Q L Y T B
F E Q F K R R O O V M R V N J V L M W H
U R C Z L J E O O C K B T T G R E J B G
L F A J I Y N M K B U J S A C T W V A K
V Z C N S L E E P F Z S L D L D H B T L



Can you find the words hidden in the puzzle?

- | | |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> WELLNESS | <input type="checkbox"/> CALM |
| <input type="checkbox"/> BALANCE | <input type="checkbox"/> FOCUS |
| <input type="checkbox"/> CLARITY | <input type="checkbox"/> REST |
| <input type="checkbox"/> HYDRATE | <input type="checkbox"/> ROUTINE |
| <input type="checkbox"/> SLEEP | <input type="checkbox"/> STRENGTH |
| <input type="checkbox"/> SUPPORT | <input type="checkbox"/> MINDFUL |
| <input type="checkbox"/> ENERGY | <input type="checkbox"/> HOPE |
| <input type="checkbox"/> COMMUNITY | <input type="checkbox"/> WALK |
| <input type="checkbox"/> TEA | <input type="checkbox"/> GOALS |
| <input type="checkbox"/> HEALTHY | <input type="checkbox"/> CONNECTION |