

DRY JANUARY: HOW REDUCING ALCOHOL CAN SUPPORT YOUR MENTAL HEALTH



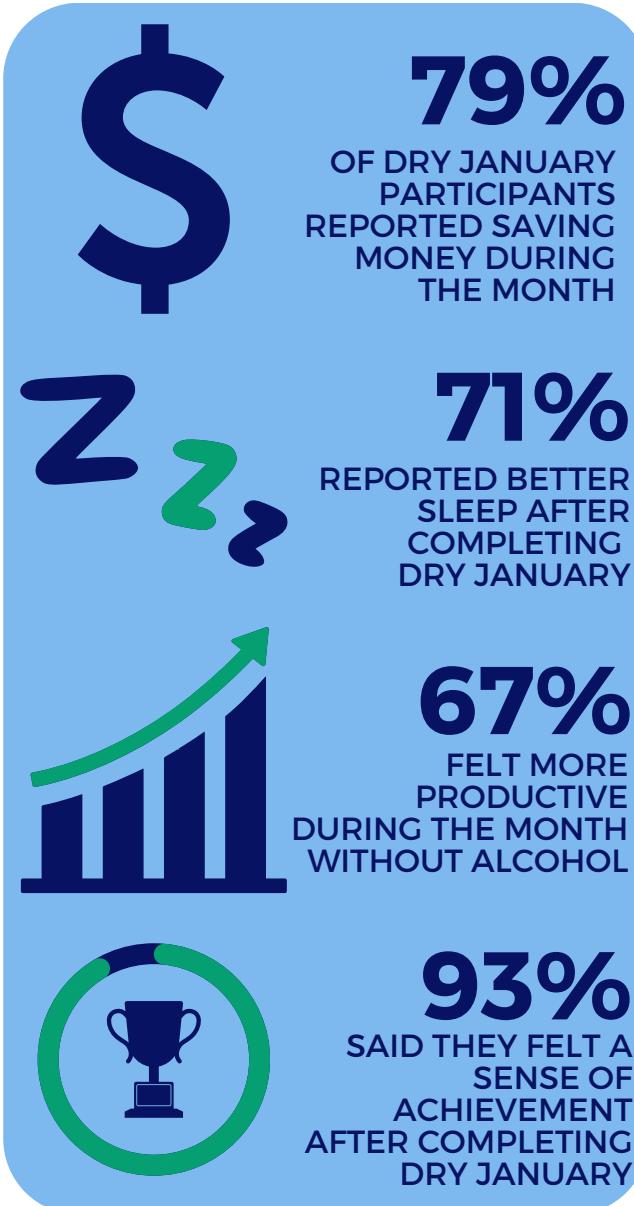
A HEALTHIER RESET

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.



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.

Dry January

WORD SEARCH



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 |