

RESOURCE PACKS

Support to Stop Drinking

Empowering you with the support to reduce alcohol in your life.



Response

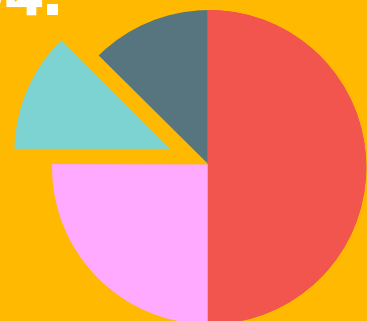
The Stats Show...

In England there are an estimated 602,391 dependent drinkers. Only 18% are receiving treatment.

Alcohol misuse is the biggest risk factor for death, ill-health and disability among 15-49 year-olds in the UK, and the fifth biggest risk factor across all ages.

24% of adults in England and Scotland regularly drink over the Chief Medical Officer's low-risk guidelines.

In 2017, 20% of the population reported not drinking at all and overall consumption has fallen by around 16% since 2004.



The Guidelines



The guidelines for both men and women state that:

- **You are safest not to drink more than 14 units per week. 14 units means roughly six pints of lager or one and a half bottles of wine. Use this [handy calculator](#) to work out the number of units in your drinks.**
- **It is best to spread this drinking over three days or more during the week.**
- **A good way to help you keep the risk low is to have several alcohol-free days each week.**
- **If you are pregnant or planning a pregnancy, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum.**

What are the benefits to cutting out alcohol?



After One Week

In the first week, you may notice increased energy, better concentration, and improved sleep quality, leaving you feeling more refreshed.



Week Two

In the second week, you may experience clearer thinking, more energy, reduced acid reflux, and better hydration. You'll also become more attuned to your body's water needs and notice faster gym progress.



Week 3

All Carbon Monoxide is flushed out. Your lungs are clearing our mucus and your senses of taste and smell are improving.

What are the benefits to cutting out alcohol?



After One Month

After a month without alcohol, your risk of cancers like breast and colorectal decreases, along with risks for strokes, heart disease, and hypertension, potentially increasing life expectancy. Your skin improves as hydration restores, reducing redness and pore size for a healthier glow. Blood pressure and heart rate may lower, and type 2 diabetes risk decreases as insulin resistance drops by 28%, with cholesterol levels improving.

Your liver benefits too, as a break reduces stiffness, an early sign of liver disease. Digestive issues like bloating and irregularity often ease, while your immune system strengthens, reducing colds and speeding up recovery. Feeling healthier already?

What Resources
Are Available to
Help Me?



The Dry January App

Download the free Try Dry® app to support your goals—whether for Dry January®, reducing drinking, or going alcohol-free.

- Track units, calories, and money saved.
- Earn badges for meeting goals.
- Use "My charts" to monitor spending, drinking, and calorie trends.
- View your progress with the Units calendar.
- Track sleep, energy, mood, and cravings.
- Record daily thoughts and reflections in the Notes section.
- Take a health quiz to assess your drinking.
- Monitor your current and longest dry streaks.
- Access tips, tools, and resources in the "More" section.

Perfect for Dry January® and beyond!

What Resources
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Help Me?



The Dry January Blog

The Dry January Blog offers practical tips, reviews, and heartfelt stories to keep you motivated during the month and beyond. Exploring others' experiences can empower you, providing encouragement, ideas, and a sense of community. Let their journeys inspire you to achieve your goals, one day at a time.



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What Resources
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Alcohol-Free Events

Celebrate Dry January® with Alcohol Change UK and Claritee at alcohol-free events in Chester (Jan 17), London (Jan 28), and Liverpool (Jan 30). Enjoy live music, DJ sets, arcade games, food, and exclusive goodie bags—a reminder that great nights out don't need alcohol! Scan the QR Code below to access these events.



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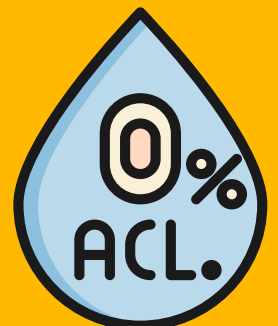
Your Special Offers

Check out your special offers for the Dry
January® challenge provided by The Dry
January® official partners and supporters.

Featuring some great deals from BetterHelp
Lucky Saint, Lyre's, Counter Culture, DASH water
and many more.



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Things to remember



(AND TO REPEAT TO MYSELF)

I know that...

- I am more than my drinking habits.
- The only opinion on my decision to stop drinking that matters is mine.
- If I ever feel the need, I can always try again, and it's okay to take it one step at a time.
- My journey to stop drinking reflects my strength, not my past behaviors or challenges.



Add your own

Journaling Prompts

IF YOU NEED TO GET SOME THOUGHTS DOWN ON PAPER

I'm proud of myself for:



I am worried about:



Someone I can talk to:



A recent win I had:

