

7 Key benefits of embracing a Dry January



A fresh start for your health and wellbeing



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By Health Shield's Wellbeing Team

Join us as we explore seven compelling reasons to embrace a Dry January, and discover how a month off the booze can not only boost your health and wellbeing, but also open the door to new and rewarding experiences.

As we usher in the new year, it's the perfect time to take a step back, reassess our habits, and set fresh goals for our health and wellbeing. For many of us in the UK, this includes taking part in Dry January, a nationwide initiative encouraging us to put down the pint and rethink our relationship with alcohol.

But why should we consider going dry? Here are seven compelling benefits that might just convince you to jump on board:

1

Sleep like a baby

Alcohol can disrupt our natural sleep cycle, lessening the deep, restorative sleep that leaves us feeling refreshed and energised. Participating in Dry January can help you improve your sleep quality, with 70% of previous participants reporting better sleep¹.

2

Boost your mood

Alcohol is a depressant, which can upset the balance of chemicals in our brains, often leading to feelings of depression and anxiety once the initial effects wear off. Cutting out alcohol can significantly enhance your mood and overall mental health.

3

Shed some pounds

With two glasses of wine equal to more than 300 calories, and two pints adding up to 350 to 450 calories, reducing your alcohol intake can support your weight loss goals. Plus, a healthier weight often leads to increased energy levels and a lower risk of several health conditions.

4

Improve your financial health

Over 86% of those who participated in Dry January reported saving money¹. By cutting out this considerable expense, you can free up funds to invest in your future, whether that goes towards a much-desired holiday, a new home, or simply a rainy-day fund.

5

Invest in your long-term health

Regularly drinking more than the recommended 14 units per week increases your risk of serious health conditions like liver disease, heart disease, and certain cancers. Prioritising your health now can reduce these risks significantly.

6

Glowing skin

Alcohol can leave your skin looking dull and dehydrated. Cutting back on your drinks can result in brighter, clearer skin in just a few days, boosting your confidence and how you interact with the world around you.

7

Discover new hobbies

With more energy, improved mental health, and extra cash, Dry January could be the perfect opportunity to explore new hobbies. Who knows what new passions you might discover?

Sources

1 <https://alcoholchange.org.uk/help-and-support/managing-your-drinking/dry-january>

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Health Shield Friendly Society Limited
Electra Way
Crewe Business Park
Crewe
Cheshire
CW1 6HS

Tel: 01270 588555

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