

# Cut back this January: Feel the difference



**Some people love New Year's resolutions. The start of the year can feel like a natural opportunity to make positive changes, both at work and at home.**

Some people choose to do Dry January. If you do, this may be a way for you to reassess your drinking. However, it is often better to start the year by forming good habits that you can continue for the rest of the year.

The easiest way is to have drink-free days every week. Plan two or more days a week where you do something else instead. If you already have drink-free days, add another.

Drink-free days can be something to look forward to. The key to success? Set simple goals that you feel you can achieve.

**Download the [MyDrinkaware app](#) for free and use it to pick your drink-free days, get tips and reminders to help you stick to them, and track how you're doing.**

## drinkaware at work

### Drink-free activities

If you find that alcohol has become a part big part of most of your social occasions, you might want to think about activities that don't involve drinking. Dry January is a chance to work out some options, both for social activities as well as things to do on your own, such as:

- 1 Exercise**  
Including team and social sports
- 2 Hobbies**  
Such as arts, crafts, books, games, cooking, baking, and dancing
- 3 Culture**  
Going to the cinema, visiting art galleries, and museums, or getting stuck into a box set at home
- 4 Self-care**  
Such as going to the spa, having a massage, getting a hair and nail treatment or a long soak in the bath



Use some of that money you would otherwise have spent on booze. Choose something new, or pick something back up that you haven't done for a while. It's an ideal chance to find a range of things you enjoy. This will help if you want to make longer lasting changes to how often, and how much, you drink beyond January.