



HOW WAS YOUR DRY JANUARY EXPERIENCE?

“This is the second time I have taken part in Dry January, the first time was last year. I also took part in the ‘Go Sober for October’ challenge in 2015.

I guess fundamentally, I want to be healthier. I have a busy job where often exercise is forfeited for work. Also, after the stresses and strains of a busy day, I used to think that a drink helped me to relax – now, I got out for a run. Similarly, sometimes I enjoy a glass of wine with my partner. It seems a pretty civilised thing to do!

For some reason, I have found this Dry January more difficult; also more difficult than abstaining only a few months ago for the October campaign. Last year, I attended a ‘Burns Night’ supper. Generally, fairly boozy affairs! I got criticised by friends for not drinking and paying a fine but I was determined not to drink for the whole of January. It felt it was quite easy to say ‘no’. I’m not sure why it was more difficult this year. Maybe it was because I saw family and friends finishing off Christmas drinks for several weeks of January – drinks that I enjoy too.

Whilst I signed up for the Dry January e-mails, I found these to be less useful this year. Whilst I appreciated messages of support, I was never going to take up some of the offers available through signing up to the Campaign. I didn’t think these were helpful and involved expense after a very expensive Christmas. I know you save money by drinking less but that wasn’t my motivation.

So, I did it. I did it because I really want to be healthier and I don’t believe that drinking a lot of alcohol is healthy; even though sometimes I really enjoy a drink. I have made a promise to myself to make a permanent change to my drinking behaviour by only drinking socially, when we meet friends or family. This has been on 3 occasions in the last month and never to a point of excess.

Being healthy is far more complex than just changing your drinking behaviour although it certainly helps. I still don’t sleep well. For me, it’s about taking responsibility for your own health and a combination of doing lots of healthy things including diet and exercise. People need to decide what’s best and what works for them”.

Anonymous Male,
Aged 49

For more information about Dry January please visit the website: www.dryjanuary.org.uk