



Dry January
Let's kick off the year
with a reflection
around alcohol

Dry January

Dry January began with a simple idea, take a break from alcohol for the month of January.

It started in 2011, when Emily Robinson, training for a half marathon, gave up alcohol for a month and shared her experience while working at Alcohol Concern (now Alcohol Change UK). By 2013, it became an official campaign, and today millions around the world join in each year to reset their relationship with alcohol.

But what about the rest of the year?

Sober Curious: Rethinking Your Relationship with Alcohol

Being sober curious isn't about quitting alcohol forever, it's about pausing to ask why, when, and how much you drink. It's a mindful approach that encourages you to explore how life feels with less (or no) alcohol, without labels or judgment.

This growing movement invites people to notice their habits, challenge social drinking norms, and make conscious choices that support better health and well-being.

Tips to Explore a Sober Curious Lifestyle

Start with awareness. Before reaching for a drink, ask yourself: Do I really want this, or is it just habit or pressure?

Try a short break. Join Dry January or choose your own alcohol-free month to see how your body and mind respond.

Find alternatives. Swap wine for mocktails, sparkling water, zero alcohol drinks, your glass can still feel celebratory.

Change your social scene. Suggest coffee dates, brunches, or alcohol-free events instead of bar meetups.

Track how you feel. Notice your sleep, mood, focus, and energy levels, the benefits often appear quickly.

Drop the labels. It's not about being "sober" or "not." It's about choice, curiosity, and self-care.

Why Go Sober Curious?

Even small breaks from alcohol can have big benefits:

Better sleep – Deeper, more restorative rest.

More energy & focus – Feel sharper and more motivated.

Improved health – Lower blood pressure and a happier liver.

Clearer skin & weight balance – Less inflammation, more glow.

Better mood & balance – More emotional regulation and calm.

[Alcohol Change UK charity: Alcohol harms. Time for change. | Alcohol Change UK](#)

Get the New Year off to a flying start by taking part in the Dry January® challenge 2026

If you're worried about your own or someone else's drinking, there is support available.

Get help now

Take this quick quiz to see if your drinking is likely to be affecting your health.

Check your drinking



Wellbeing activity page - Dry January: Reflection Around Alcohol

This activity is designed to help you notice patterns, explore motivations, and set intentions that support your wellbeing.

1. Check-In: How Are You Feeling Today?

Take a moment to notice your emotional and physical state.

Choose 3 words that describe you *right now*:

Calm • Tired • Motivated • Anxious • Neutral • Hopeful • Overwhelmed • Curious • Low • Energised

What might be contributing to how you feel?

Write down a sentence or two to describe how you feel.

2. What Role Does Alcohol Currently Play in Your Life?

Consider when, where, and why you usually drink if at all.

Choose any that apply:

- ☐ To socialise
- ☐ To relax
- ☐ Out of habit
- ☐ To cope with stress
- ☐ To celebrate
- ☐ I don't drink
- ☐ Other:

What do you notice from this?

3. Your Intentions for Dry January (or a Reset Month)

Choose one intention that feels manageable and meaningful:

- ☐ Take a full break from alcohol
- ☐ Cut down
- ☐ Delay my first drink of the week
- ☐ Swap to low/no-alcohol options
- ☐ Reflect on my habits without changing anything yet
- ☐ Other:

Why did you choose this intention?

5. One Small Commitment for This Week

What is one small step you feel able to take?

→ *This week I will.....*

4. Spot Your Triggers & Supports

Common Triggers

Which of these do you relate to?

- Stress or overwhelm
- Feeling low
- Social pressure
- Being at home alone
- Boredom
- Weekend routine
- Other:
- Supportive Alternatives

Which could help you stay on track?

- Walk or fresh air
- Talking with someone
- Mindfulness or grounding
- Mocktails / healthy drinks
- Engaging in a hobby
- Planning sober social time
- Other:

