

Have a break from booze

As you tick off each day you'll feel better and better.



DRY JANUARY®

Give your body a well-earned break by starting 2017 in a state of booze-free bliss. Like any great holiday, you'll feel better the longer it lasts so keep going to the end of the month to really feel the benefits.

			<p>1 That's New Year done... Booze packed away? Friends and family notified? Go!</p> 	<p>2 You are not alone. Find loads of support on Facebook and Twitter to help you along.</p> 	<p>3 Back in the office today? Get your colleagues signed up at dryjanuary.org.uk</p>	<p>4 Don't forget to download the Dry January app!</p>
<p>5 </p>	<p>6 Make it a mocktail tonight and wake up to a wonderful weekend.</p> 	<p>7 Rise and shine.</p> 	<p>8 You've had one week away from booze. Well done!</p> 	<p>9 It may be Monday, but after a week without the booze we bet you're ready to take on the world!</p>	<p>10 </p>	<p>11 Boast, share, ask... get on Twitter and Facebook to tell everyone what Dry January is like for you.</p>
<p>12 You may be sleeping better this week - now what will you do with all that extra energy?</p> 	<p>13 Share your Dry January pics on Facebook. We want to know how you're getting on!</p> 	<p>14 </p>	<p>15 Even your bank account should be feeling healthier after all these booze free weekends.</p> 	<p>16 Help beat those Monday Blues by meeting up with friends - just remember to make it a booze-free activity.</p>	<p>17 You might not have a tan, but is your skin looking better?</p>	<p>18 </p>
<p>19 Team #Selftea time!</p>	<p>20 Time off alcohol can help improve your mood. Are you chirpier than usual?</p> 	<p>21 Remember to check in to our Facebook page for the latest hints, tips and info!</p> 	<p>22 Time to show off your holiday body! Cutting out alcohol is a great way to cut calories.</p>	<p>23 You're doing amazingly!</p>	<p>24 Your blood pressure may be dropping by now. A sign your body is feeling the benefit.</p> 	<p>25 If you're feeling tempted at any point go to dryjanuary.org.uk for advice and motivation.</p>
<p>26 </p>	<p>27 Your favourite Dry experiences so far? Share them on Facebook and Twitter.</p> 	<p>28 </p>	<p>29 #Selftea time. To record how amazing you look and feel.</p>	<p>30 Almost there...</p> 	<p>31  Woo hoo! You've made it! For tips and ideas on how to reward yourself, go to dryjanuary.org.uk</p>	<p>WELL DONE!</p>

You should feel as proud as punch. Keeping off the booze for 31 days is no mean feat, and after some well deserved time off, your body must be feeling (and looking) so much better. Treat yourself to more time off sometime soon!

SIGN UP AT DRYJANUARY.ORG.UK FOR EVEN MORE HINTS AND TIPS ON HOW TO STAY BOOZE FREE.