



The Impact of Quitting Alcohol for 1 Month: Revealed!

Description

Originating in 2013 under the auspices of the charitable organization [Alcohol Change UK](#), the Dry January challenge has witnessed a remarkable [surge in popularity](#), establishing itself as a widely embraced New Year's resolution. In the year 2023, an impressive 175,000 individuals officially committed to embracing the alcohol-free journey throughout the month of January, with countless others likely partaking informally.

The benefits of a month-long alcohol hiatus manifest swiftly across various dimensions of health and wellness.

On a [biological level](#), refraining from alcohol for a month is linked to reductions in liver fat, blood glucose, and blood cholesterol.

Psychologically, a month of abstinence can yield a spectrum of advantages, as evidenced in a [study](#) on the Dry January initiative, which I conducted in collaboration with Alcohol Change UK.

Examining 4,232 adults engaged in Dry January, the research involved pre-challenge surveys, with subsequent follow-ups in early February.

One notable benefit of participating in Dry January was [enhanced sleep quality](#), with 56% of participants reporting improved rest by the month's end.

Contrary to popular belief, alcohol consumption, rather than aiding sleep, is shown to [impair sleep quality](#) and the duration of REM sleep, affecting memory and focus. Alcohol usage can also exacerbate sleep apnea.

Given these insights, it's unsurprising that abstaining from alcohol – even temporarily – can yield improved sleep quality. Furthermore, 52% of surveyed Dry January participants reported increased energy levels, while 50% noted enhanced overall health. Additionally, 63% of participants credited Dry January with financial savings.



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Alcohol-free drinks are becoming more readily available. (We Are/Getty Images)

In a subsequent six-month study involving 1,192 Dry January participants, my colleague and I utilized validated questionnaires to evaluate psychological well-being and self-efficacy. The research revealed [significant enhancements](#) in both domains. Furthermore, the study highlighted that Dry January completers felt more empowered in managing their alcohol consumption.

While these improvements were observed across all participants, they were more pronounced in those who remained alcohol-free for the entire month. Nevertheless, even individuals unable to commit to a full month may experience benefits from shorter abstentions.

In a [parallel study](#) involving the general populace, my co-author and I compared individuals partaking in Dry January with those not seeking to modify their drinking habits.

The positive transformations reported by Dry January participants were absent in the general population, underscoring that these changes were attributable to participation in Dry January rather than seasonal fluctuations in drinking or well-being.

Approximately half of Dry January participants revert to previous drinking levels but perceive a heightened sense of control. Around 40% opt for broader modifications to their drinking habits, such as consuming alcohol on fewer days per week or reducing intake on drinking days.

Tips for Engaging in Dry January

Individuals enrolling in Alcohol Change UK's Dry January initiative and engaging with its supportive resources are [twice as likely to complete the challenge](#) than those embarking solo.

This increased likelihood may stem from access to an online community comprising fellow participants offering tips on managing temptations and cravings. Additionally, participants receive acknowledgment for their achievements and ongoing motivation. Studies have shown that [social support](#) can aid in reducing alcohol consumption.

If undertaking a dry January, minimizing opportunities for alcohol consumption can be beneficial. For instance, avoiding stocking alcohol at home might prove helpful. When socializing at restaurants or pubs, planning ahead and deciding on alternative beverages in lieu of standard choices can be advantageous. Mapping out strategies for politely declining drink offers may also aid in adherence.

For individuals anticipating challenges due to social pressures or expectations to drink, opting for non-alcoholic venues or timing social gatherings during alcohol-free windows could be advantageous. Choosing to meet at a cafe instead of a bar or scheduling activities for Saturday morning rather than evening are viable alternatives.

Some individuals find partnering up with others beneficial: [partnerships](#) can prove effective, though they may not suit everyone.

Dry January may not resonate with all individuals. Moreover, it may not be appropriate for those grappling with alcohol dependence or addiction who may require specialized assistance. Nonetheless, for those motivated to transform their drinking habits, Dry January offers an effective approach, delivering manifold



physical and psychological health benefits.

Richard de Visser, Professor of Health Psychology, Brighton and Sussex Medical School, [University of Sussex](#)

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Vocabulary List:

1. **Auspices** /'ɔː.spɪs/ (noun): Support or guidance often of a formal nature.
2. **Abstinence** /'æb.stɪ.nəns/ (noun): The practice of restraining oneself from indulging in something typically alcohol.
3. **Committing** /kə'mɪt.ɪŋ/ (verb): To pledge or bind to a certain course or policy.
4. **Exacerbate** /ɪg'zæs.ər.beɪt/ (verb): To make a bad situation problem or feeling worse.
5. **Empowered** /ɪm'pəʊəd/ (adjective): Having the confidence and power to make decisions.
6. **Transform** /træns'fɔːrm/ (verb): To make a thorough or dramatic change in form appearance or character.

Comprehension Questions

Multiple Choice

1. In which year did the Dry January challenge originate?
Option: 2012
Option: 2013
Option: 2014
Option: 2015
2. What is one of the benefits of refraining from alcohol for a month on a biological level?
Option: Reduced blood pressure
Option: Reduction in liver fat
Option: Increased blood cholesterol
Option: Higher blood glucose levels
3. How many participants reported improved sleep quality in a Dry January study?
Option: 52%
Option: 56%
Option: 60%



Option: 45%

4. What percentage of Dry January participants reported increased energy levels?

Option: 40%

Option: 50%

Option: 60%

Option: 70%

5. Why do individuals enrolling in Alcohol Change UK's Dry January initiative have a higher completion rate?

Option: They receive monetary rewards

Option: They have no alcohol cravings

Option: They are twice as likely to complete the challenge

Option: They have shorter durations in the program

6. What aspect of socializing can help in adherence to Dry January?

Option: Avoiding social gatherings

Option: Planning for alternative beverages

Option: Drinking alcohol to fit in

Option: Accepting all drink offers

True-False

7. Alcohol consumption has been shown to enhance sleep quality.

8. Approximately half of Dry January participants revert to higher drinking levels.

9. Dry January may not be suitable for individuals with alcohol dependence or addiction.

10. Engaging in partnerships can be a helpful strategy during Dry January.

11. Avoiding opportunities for alcohol consumption at home is not beneficial during Dry January.

12. Choosing non-alcoholic venues can help individuals facing social pressures to drink.

Gap-Fill



16. Individuals opting for broader modifications may consume alcohol on fewer days per _____.

18. Partnering up with others during Dry January can be _____ effective strategy.

Answer

Multiple Choice: 1. 2013 2. Reduction in liver fat 3. 56% 4. 50% 5. They are twice as likely to complete the challenge 6. Planning for alternative beverages

True-False: 7. False 8. True 9. True 10. True 11. False 12. True

Gap-Fill: 16. week 18. a

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What term is used to describe objects created or modified by humans often of cultural or historical significance?

- Option: Artifacts
- Option: Embalm
- Option: Auspices
- Option: Abstinence

2. Which word refers to the process by which a body is preserved after death by removing the internal organs and treating the body with preservatives?

- Option: Empowered
- Option: Mummified
- Option: Anomaly
- Option: Kinship

3. What term describes deep respect or admiration for something or someone?

- Option: Reverence
- Option: Exacerbate
- Option: Cataclysmic
- Option: Influence

4. Which term refers to the process of preserving a deceased body by treating it to forestall decomposition?

- Option: Distortion



- Option: Embalm
- Option: Consciousness
- Option: Engagement

5. To authorize enable or permit granting power or authority is to?

- Option: Empowered
- Option: Scrutinized
- Option: Divergence
- Option: Chromosomal

6. What term is used to describe a fact occurrence or circumstance that can be observed or experienced?

- Option: Phenomenon
- Option: Ausplces
- Option: Interplay
- Option: Tantalizing

7. Which word is used to describe something that deviates from what is standard normal or expected?

- Option: Abstinence
- Option: Anomaly
- Option: Committing
- Option: Transform

8. To examine or inspect closely and thoroughly is to?

- Option: Scrutinized
- Option: Kinship
- Option: Translocation
- Option: Cataclysmic

9. What term refers to the relationship between family members or a feeling of being connected to others?

- Option: Kinship
- Option: Perception
- Option: Divergence
- Option: Intricate

10. What word describes a difference or change between two or more things leading them to separate?

- Option: Engagement
- Option: Divergence
- Option: Influence
- Option: Translocation

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)



11. The artist created a beautiful _____ of colors weaving them together seamlessly.
12. The _____ of the endangered species helped restore their population in the wild.
13. One's _____ of reality is influenced by their past experiences and biases.
14. She faced the consequences after _____ a serious mistake at work.
15. The company focused on increasing customer _____ to improve brand loyalty.
16. Her mentor's guidance had a significant _____ on her career choices.
17. Meditation helps expand one's _____ and self-awareness.
18. The artist's style involved the intentional _____ of reality to create surrealistic paintings.
19. The earthquake had a _____ effect on the region causing widespread destruction.
20. Many athletes practice _____ from certain foods to maintain peak performance.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Analyzing data can provide valuable into consumer behavior.
22. The event was held under the of a renowned charity organization.
23. The caterpillar undergoes a metamorphosis to into a butterfly.
24. The between nature and nurture influences human development.
25. Scientists study natural to understand the world around us.
26. The aroma from the kitchen was making everyone eager to taste the dish.
27. The design of the lace displayed the skill of the artisan.
28. Genetic disorders can be caused by abnormalities in the structure.
29. Shared traditions and values strengthen the between generations.



30. The of industries to suburban areas affected the urban landscape.

Answer

Multiple Choice: 1. Artifacts 2. Mummified 3. Reverence 4. Embalm 5. Empowered 6. Phenomenon 7. Anomaly 8. Scrutinized 9. Kinship 10. Divergence

Gap-Fill: 11. tapestry 12. translocation 13. perception 14. committing 15. engagement 16. influence 17. consciousness 18. distortion 19. cataclysmic 20. abstinence

Matching sentence: 1. insights 2. auspices 3. transform 4. interplay 5. phenomena 6. tantalizing 7. intricate 8. chromosomal 9. kinship 10. translocation

CATEGORY

1. Health - LEVEL5

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