



## Be Brave. Make Space.

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### Events Coming Soon

**January 1 - 30:** Today is the Last Day to Join This Naked Mind Alcohol Experiment - Learn more and join [HERE](#)

**February 1 - March 31:** Sober Curious Small Group. Details are coming soon!

**Q1 2024:** Setting Values-Based Boundaries. Details are coming soon!



### Did You Know??

Dry January is a movement where people voluntarily abstain from consuming alcohol for the entire month of January.

It's a popular practice that started as a public health campaign in the UK in 2013, encouraging people to take a break from drinking after the indulgences of the holiday season.

The idea behind Dry January is to reset

**3. Communicate Your Intentions:**  
Share your intentions with friends, family, or a supportive community. Having a support system aware of your goals can provide encouragement and accountability.

**4. Plan Ahead:**  
Prepare for social situations or triggers where alcohol is typically present. Have alternative beverages ready, suggest alcohol-free activities, or politely decline without feeling pressured.

habits, reassess one's relationship with alcohol, and experience the potential health and well-being benefits of abstaining from alcohol for a month.

Participants often use this period to focus on self-improvement, better sleep, increased energy, weight loss, improved mental clarity, and saving money by cutting out alcohol-related expenses.

Many people see Dry January as an opportunity to reevaluate their reliance on alcohol, challenge social norms around drinking, and discover alternative activities and interests. It can also serve as a springboard for adopting healthier habits or making more mindful choices about alcohol consumption throughout the year.

People who participate in Dry January often report a range of benefits, from increased productivity and better sleep to a clearer perspective on their alcohol habits. It's a personal challenge that can bring about positive changes and greater awareness of the role alcohol plays in one's life.

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## Tips To Make The Most of Your Dry January:

### 1. Clear Intentions:

Start with a clear understanding of why you're pursuing a dry month. Whether it's for health reasons, a personal challenge, or to reevaluate your relationship with alcohol, having a strong 'why' keeps you motivated.

### 2. Set Specific Goals:

Define your goals for the month. It could be abstaining from alcohol entirely, reducing consumption, or exploring new activities and habits. Ensure these goals are specific, measurable, achievable, relevant, and time-bound (SMART goals).

### 5. Find Alcohol-Free Alternatives:

Discover non-alcoholic drinks that you genuinely enjoy. Explore mocktails, alcohol-free beers, herbal teas, or other beverages to have satisfying options when socializing.

### 6. Create New Habits:

Use this month to cultivate new routines and hobbies. Replace drinking-related activities with healthier habits like exercise, meditation, reading, or learning something new.

### 7. Focus on Health and Wellness:

Use the month to prioritize your well-being. Notice improvements in sleep quality, energy levels, mental clarity, and overall health. Document these changes to reinforce your motivation.

### 8. Reflect and Track Progress:

Regularly reflect on your journey. Keep a journal or use apps to track how you feel physically, mentally, and emotionally throughout the month. Celebrate achievements and note challenges to learn from them.

### 9. Seek Support:

Join the This Naked Mind [community](#) or connect with others participating in the challenge. Sharing experiences, tips, and struggles can provide valuable support and motivation.

### 10. Stay Positive and Flexible:

Approach the month with a positive mindset. Understand that challenges might arise, but setbacks don't define your journey. Be flexible and kind to yourself if things don't go as planned.

I hope you have a successful Dry January! I'll be posting daily encouragement for you starting on the 1st and running through the month. Make sure you're following me!

*Margie*

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