

Going Dry This January?



If you want to gain better control over your alcohol or drug intake, take advantage of Dry January.



Why Go Dry?

Here are a few reasons:

- Frequent drinking puts your liver at risk and increases the likelihood of developing a substance use disorder.
- Mixing alcohol or drugs with medication can be dangerous or even deadly.
- Quitting alcohol and drugs can improve your physical, mental, emotional and financial health.



When Alcohol Is a Problem

While illegal drugs are always a bad idea, **you may want to reconsider your relationship to alcohol if you:**

- Accidentally drink more than originally planned, possibly to the point of physical illness
- Miss out on activities due to your drinking habits
- Think about alcohol often and lack the ability to stay away from alcohol

Keeping Dry All Month Long

These tips can help you stay away from alcohol or drugs all month.



Don't give up.

If you slip up, don't quit altogether. Begin again the next day.



Prepare for temptation.

You'll face opportunities to drink or use drugs. Know how you'll respond.



Spread the word.

Tell family and friends about your plan and invite them to join you.

Need help managing alcohol or drug use?
Find a doctor at weillcornell.org/doctors