

Police Mutual Dry January

As the New Year arrives, many of us start to think about New Year's resolutions, the most popular resolutions are usually concerning health and diet, to do more exercise or lose weight. Financial orientated ones are also popular, with many of us wanting to spend less or save more money.

One of the most popular campaigns is Dry January and if you manage to achieve it, it should help improve your overall wellbeing by improving your physical and mental health and by reducing the amount you spend.

Dry January is the annual movement where millions of people give up alcohol for the month of January. It is run by the charity [alcohol change UK](#), a leading UK alcohol charity. The campaign was first introduced in 2013 and grows larger and larger each year. In 2019, over 4 million people took part in the wellbeing event.

By agreeing to Dry January you are committing to not drink alcohol from when you wake up on New Year's Day until 1 February.

Alcohol plays a significant role in our lives and culture, with many of us drinking to celebrate, socialise and relax. However, there is a significant proportion of the UK population who have an unhealthy relationship with alcohol. Alcohol is linked to more than 60 health conditions, including liver disease, high blood pressure, depression and cancer.



There are many health benefits of not drinking alcohol or reducing the amount you drink and these include:

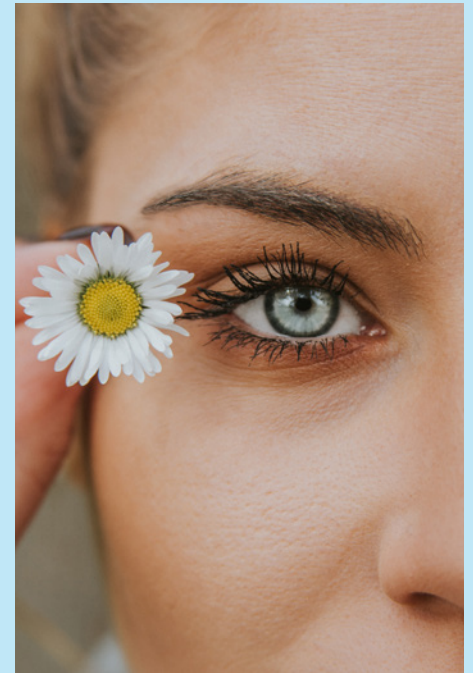
Sleeping - alcohol can intensify certain sleep conditions like snoring. If you have improved quality of sleep, you will have more energy.



Weight loss - a pint of a 5% strength beer contains 239 calories, with a standard glass of wine consisting of around 133 calories. So giving up alcohol for 4 weeks or longer can make a noticeable impact on your weight.



Improve your skin - alcohol can cause puffiness and acne. By cutting out alcohol your skin will improve over time.



Financial savings - put aside the amount you would have spent on alcohol each week and see how much you save during the month.



If you continue to not drink or reduce the amount you are drinking over the rest of the year, this saving you make could buy you a treat or help to pay off any debts you have.



A month alcohol free has a lot of benefits, research published in 2018 in the British medical journal found that a month off lowers blood pressure, reduces diabetes risk, lowers cholesterol and reduces levels of certain cancer related proteins in the blood.

In order to track Dry January, use the [alcohol change UK App](#)

Once the month is over ask yourselves some questions to see what you've achieved from the experience:

- How do you feel?
- Have you lost weight?
- Do you sleep better?
- Do you feel more productive during the day?
- How much money have you saved?
- Has your relationship with alcohol changed?

Have your answers made you consider giving up alcohol for longer or reducing the amount you drink to improve your wellbeing.

If you do start drinking again remember that your tolerance to the effects of alcohol will likely be much lower, so be careful not to overdo it the first time you choose to drink again.

Know your units - how much alcohol is too much?

To keep health risks of alcohol at a low level, the recommended safety limits for alcohol consumption is for men and women not to drink more than 14 units a week on a regular basis. It's also advised that at least 2 days a week should be alcohol free.

Regularly drinking above recommended daily limits risks damaging your health.

Your weekly units should not be saved up for the weekend and then binge drinking.

Top tips for alcohol reduction:

- Alternate an alcoholic drink with a non-alcoholic one.
- Have at least two alcohol free days a week.
- Find alternative ways to relax when you are stressed.
- Avoid drinking on an empty stomach.
- Sip your drink slowly so it lasts.
- Don't top up your glass before you have finished a drink so you can keep an eye on exactly how much you are drinking.



To check how many units you have drunk, use the alcohol change UK's unit calculator [here](#).

Police Mutual Services

Worrying about money can be extremely stressful and may lead to mental health conditions. Police Mutual are here to help. We want to break down the stigma surrounding debt and get people talking about money.

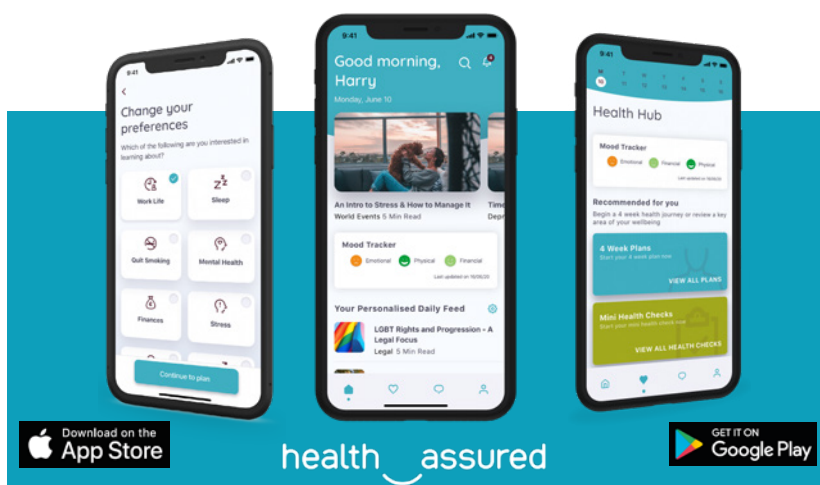
We've teamed up with **PayPlan***, one of the UK's leading free debt advice providers, who offer free and confidential advice to anyone in serious financial difficulties.

They're able to advise you on a range of debt solutions suited to your individual circumstances, helping to protect you and your family with a sustainable way to manage your debt.

Get free and confidential help to combat your debt, call **PayPlan*** on 0800 197 8433.

Our **Care Line** Service provided by Health Assured can offer advice and information, helping with a range of concerns including physical or mental health issues, coping with bereavement and legal concerns. Take a look at the e-portal or download the APP.

Health & Wellbeing e-portal: <https://healthassuredeap.co.uk/>
Username: policemutual **Password:** careline



Download the **Health Assured App** and register today - your code is **MHA107477**

For more information on how Police Mutual are supporting you during the coronavirus pandemic click [here](#).

Call us 01543 441630
Visit policemutual.co.uk

We're open from
9am - 5pm Mon - Fri

*PayPlan is a trading name of Totemic Limited. Totemic Limited is a limited company registered in England, Company Number: 2789854. Registered Office: Kempton House, Dysart Road, PO Box 9562, Grantham, NG31 0EA. Totemic Limited is authorised and regulated by the Financial Conduct Authority. Financial Conduct Authority Number: 681263

Police Mutual is a trading style of The Royal London Mutual Insurance Society Limited. The Royal London Mutual Insurance Society Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. The firm is on the Financial Services Register, registration number 117672. Registered in England and Wales number 99064. Registered office: 55 Gracechurch Street, London, EC3V 0RL. For your security all calls are recorded and may be monitored.

**Police
Mutual**