

—Slug:.....COMM-0846.wc.dry\_january  
—Contributor.....  
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—For section.....Town and Village  
—Format.....News - no byline  
—Dateline.....  
—Article Number:.....42825

[REDACTED]

**Notes from editor (not for publication):**

[REDACTED]

HEADLINE ELEMENTS:

#####BEGIN HED#####

1 Vermont Dept. of Health says give 'Dry January' a try

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3 TEXT BODY:

#####BEGIN TEXT#####

4 For many people, the holidays are a great time to  
5 connect with loved ones, but stress can be an unwelcome guest.  
6 It might be tempting to use alcohol for short-term relief, says the  
7 Vermont Department of Health, but drinking takes its toll in many  
8 ways. That's why they suggest taking a month-long break from  
9 alcohol. They offer several positive outcomes can result from  
10 avoiding alcohol for a month:

11                   • Your body gets a rest. Alcohol disrupts rapid eye  
12 movement (REM) sleep cycles. Many people notice deeper, more  
13 restorative sleep within 1–2 weeks of not drinking  
14                   • You gain mental health benefits. Alcohol is a  
15 depressant. Even moderate drinking can increase anxiety the next  
16 day—a feeling some people know as “hangxiety.” Taking a break  
17 can lower baseline anxiety, improve mood stability, and increase  
18 motivation.

19                   • You save money. A month of not buying alcohol can  
20 really add up in your bank account.

21                   For those who have questions about their drinking  
22 patterns and want to talk with a caring specialist, VT Helplink is a  
23 free and confidential service. Visit [vthelplink.org](http://vthelplink.org) or call 802-565-  
24 LINK.

#####END TEXT#####

Bio/COATTAIL:

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*LAST ISSUE IN WHICH THIS FILE CAN BE RUN:*

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LINKS:

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VIDEO:

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LOGLINE (SOCIAL MEDIA):

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