

—Slug:.....COMM-0846.wc.dry_january
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—For section.....Town and Village
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—Dateline.....
—Article Number:.....42825

Notes from editor (not for publication):

HEADLINE ELEMENTS:

####BEGIN HED####

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

####END HED####

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TEXT BODY:

####BEGIN TEXT####

For many people, the holidays are a great time to connect with loved ones, but stress can be an unwelcome guest. It might be tempting to use alcohol for short-term relief, says the Vermont Department of Health, but drinking takes its toll in many ways. That's why they suggest taking a month-long break from alcohol. They offer several positive outcomes can result from 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 or call 802-565-
24 LINK.

####END TEXT####

BIO/COATTAIL:

####BEGIN BIO/COATTAIL####

####END BIO/COATTAIL####

LAST ISSUE IN WHICH THIS FILE CAN BE RUN:

####BEGIN MAXISSUE####

0

####END MAXISSUE####

LINKS:

####BEGIN LINKS####

####END LINKS####

VIDEO:

####BEGIN VIDEO####

28

###END VIDEO###

LOGLINE (SOCIAL MEDIA):

###BEGIN LOGLINE###

29

###END LOGLINE###