

JOIN IN ON **DRY** JANUARY

Lifestyle adjustments
around alcohol intake

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>COUNSELING & HEALTH SERVICES</p> <p>DICKINSON STATE UNIVERSITY</p>	<p>6</p> <p>Recruit a friend to be your accountability buddy</p> 	<p>7</p>  <p>Make a plan to save some money</p>	<p>8</p> <p>Create a North Dakota-based Bucket List to occupy your time</p>	<p>9</p> <p>Try the DryApp</p> 	<p>10</p>  <p>Focus on how to increase water intake</p>	<p>11</p> <p>Practice turning down a drink</p>
	<p>12</p> <p>Complete eCHECKUP on DSU Counseling Website</p> 	<p>13</p>  <p>Crowd source your success</p>	<p>14</p> <p>Create your own mocktails</p> 	<p>15</p> <p>Read a book on creating healthy habits</p>	<p>16</p>  <p>Try a new hot drink!</p>	<p>17</p> <p>Unwind with a bubble bath</p> 
<p>19</p> <p>Keep going, you're almost there!</p>	<p>20</p> <p>Review your goals for this month</p> 	<p>21</p>  <p>Create a playlist to share with your friends</p>	<p>22</p> <p>Celebrate small victories!</p> 	<p>23</p>  <p>Try out a new hobby</p>	<p>24</p> <p>Have a movie night with friends</p> 	<p>25</p>  <p>One week left - you're doing great</p>
<p>26</p>  <p>Try a new sport or fitness activity!</p>	<p>27</p> <p>Write letters to future you</p> 	<p>28</p> <p>Build Your Toolbox for 2025</p>	<p>29</p> <p>Get Crafty!</p> 	<p>30</p> <p>Say thank you to those who have supported you this month.</p>	<p>31</p> <p>Continue to evaluate your relationship with alcohol</p>	<p><i>Congrats</i> on completing Dry January! Ease back into drinking, if at all.</p>