

Dry January Month

Dry January is a month-long challenge to go alcohol-free, providing an opportunity to reset your drinking habits and improve your health. By taking part, you can:

- Improve your sleep and concentration.
- Save money.
- Boost your energy and mood.
- Gain a sense of achievement.

Tips for Success:

1. **Set Clear Goals:** Decide why you want to participate and remind yourself of these benefits.
2. **Find Alternatives:** Experiment with alcohol-free drinks or mocktails.
3. **Track Your Progress:** Use apps or journals to stay motivated.
4. **Seek Support:** Share your challenge with friends or join online communities.

Learn more and sign up at [Alcohol Change UK](https://www.alcoholchange.org.uk).



DRY JANUARY

Veganuary Month

Veganuary encourages people to try a plant-based diet for January, promoting health, environmental sustainability, and compassion for animals.

Benefits of Going Vegan:

- Lower cholesterol and blood pressure.
- Support for weight management.
- Reduced environmental impact.

Getting Started:

1. **Plan Your Meals:** Research plant-based recipes.
2. **Start Small:** Gradually replace animal products with vegan options.
3. **Explore New Foods:** Try plant-based proteins like tofu, lentils, and chickpeas.
4. **Stay Nutritionally Balanced:** Ensure adequate intake of vitamin B12, iron, and protein.

Visit [Veganuary](https://veganuary.com) for resources and recipes.



The graphic features a pig in a field under a blue sky. In the top left, there is a white bird logo above the word "VEGANUARY". A large green speech bubble in the center contains the text "TRY VEGAN THIS JANUARY" and "Take the Pledge at Veganuary.com". On the right side, there are three logos: "Proudly sponsored by:" above a circular "PULSIN WITH NATURE'S RHYTHM" logo, "VeganFood & LIVING" below it, and a "TIDE FORD VEGAN" logo at the bottom right.

3rd – Festival of Sleep Day

A good night's sleep is vital for overall well-being, including mental health, physical recovery, and improved focus.

Tips for Better Sleep:

- **Create a Routine:** Go to bed and wake up at the same time daily.
- **Limit Screen Time:** Avoid screens an hour before bed.
- **Set the Mood:** Keep your bedroom dark, quiet, and cool.
- **Relax Before Bed:** Practice relaxation techniques like reading or meditation.

Consider tracking your sleep with apps or wearables to identify patterns.



19th – World Religion Day

World Religion Day promotes understanding and tolerance among people of all faiths. It's an opportunity to:

- Learn about diverse religious beliefs and practices.
- Celebrate the common values of compassion, kindness, and peace.
- Engage in interfaith dialogue to build mutual respect.

How to Participate:

- Attend a local event or discussion.
- Share positive messages about inclusion on social media.
- Explore different religious traditions through books, documentaries, or museums.



20th – Blue Monday – Wear it Blue Day

Blue Monday, often called the most depressing day of the year, encourages conversations about mental health and raises awareness about depression and anxiety.

How You Can Help:

- Wear blue to show support and spark discussions.
- Share resources for mental health support.
- Practice self-care and encourage others to do the same.

Support Resources:

- Mind: mind.org.uk
- Samaritans: 116 123 (free helpline)



**Beat the
BLUE
MONDAY
MOODs**

Blue Monday is a name given to a day in January which is considered the most depressing day of the year

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20th - 26th - Cervical Cancer Prevention Week

This week aims to raise awareness of cervical health and the importance of regular screenings (smear tests).

Key Facts:

- Regular screenings can prevent 75% of cervical cancers.
- HPV vaccination is highly effective in reducing risk.

How to Protect Yourself:

1. **Attend Screenings:** Ensure you're up to date with smear tests.
2. **Understand Symptoms:** Watch for unusual bleeding, discharge, or pain.
3. **Encourage Conversations:** Share information with friends and family.

Visit [Jo's Cervical Cancer Trust](#) for more details.



27th – Parent Mental Health Day

Parent Mental Health Day highlights the importance of parents' well-being, which directly impacts children and families.

Supporting Parent Mental Health:

- **Seek Support:** Reach out to friends, family, or professional counselors.
- **Practice Self-Care:** Schedule time for hobbies or relaxation.
- **Communicate Openly:** Share feelings and challenges with loved ones.

Helpful Resources:

- Family Lives: familylives.org.uk
- Young Minds: youngminds.org.uk

10 MENTAL HEALTH TIPS FOR PARENTS

- 1. Listen to what your child has to say. Be patient and understanding with them.
- 2. Encourage communication and talking openly. Support your child in talking about their feelings.
- 3. Support your child in problem solving when they experience worries. Help them to find solutions.
- 4. Engage in some coping skills with your child (i.e. relaxation or deep breathing).
- 5. Encourage your child to interact with friends and family and to connect with others.
- 6. Make sure your child knows that you will be there for them.
- 7. Regularly praise, support and encourage your child. Show them love and affection.
- 8. Don't struggle in silence. If you need extra help go to your doctor or a mental health charity.
- 9. Help your child to challenge unhelpful thoughts and to think rationally.
- 10. Make sure your child is looking after their physical wellbeing (Sleep, food, exercise).

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