

# Dry January Tracker 2025

It's well-documented that excessive drinking can be detrimental to your health. Many people feel concerned about their drinking habits, even if they don't have alcoholism or substance use disorder. Problematic drinking exists on a large spectrum, but drinking too much can result in severe physical and mental health consequences. Some people choose to complete the Sober October challenge to see what life feels like when they stop drinking.

This alcohol tracker will help you track your efforts. Color the bubble for each day you don't drink alcohol to track your progress.

SUN	MON	TUES	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Scan or [click here](#) to learn more about Dry January:

# Mindful Drinking Resources

Taking time off from drinking can offer a range of physical, mental, and emotional benefits. This break allows you to reset your relationship with alcohol, leading to improved cognitive function as your brain heals, better sleep quality with fewer disturbances, and stronger relationships as you become more present and engaged with loved ones. Additionally, abstaining from alcohol can enhance your mental health by alleviating symptoms of depression and anxiety, contributing to overall well-being.

## Tips for Cutting Back on Alcohol

### Use a Mindful Drinking App

[Mindful drinking apps](#) can help you become more aware of your habits and track your progress. These tools offer clinically recommended support for those looking to drink less.



### Learn How to Drink Intentionally

[Mindful drinking](#) is choosing to drink intentionally within healthy limits rather than giving up alcohol entirely. It encourages a person to become aware of their body, thoughtful about their needs and the effect of alcohol, and focused on the present moment.



### Additional Tips to Cut Back on Drinking

There are several strategies to help you [reduce your alcohol intake](#) effectively. Try these eight tips to learn how to cut back on your alcohol consumption.



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# Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

## You Can Trust ChoosingTherapy.com



300+  
Companies Reviewed



2,350+  
Hours of Firsthand Experience



1,150+  
Data Points Analyzed



### [Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

### [Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



### [Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

### [Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

