

The Dry January initiative

Gerardo Cintron

Link:<https://www.google.com/amp/s/www.nytimes.com/2023/01/18/health/dry-january-failure.amp.html>

Article details

the article was made by Remy Tumin and published by the NY times and was published on the 18th of january this year

Origins

The Dry January initiative was created by the organization: “Alcohol change UK” to make the community lower their alcohol consumption. This was done because between 1960 and 2002 the level of deaths from cirrhosis increased dramatically. The challenge is to go the entire month of January without touching alcohol. We are going to analyze how their effects were.

Research

Studies have been done to see if it worked and it has been found in the vast majority of cases that it does work. Those who participated and did the challenge well found that in June they drank less than normal and a small percentage has been found to be reversed and ended up consuming more alcohol than before, but these are the ones who did not complete the challenge completely. It mentions that it's important to keep withdrawal symptoms in mind. This is for people who are severely addicted and quitting suddenly can affect them in a very negative way. It can be lethal for some. Like all things, it is important to analyze how things are going to be done and what you want to get out of them, since there are people who can make the most of it and end up with less consumption, while there are others who can easily return to their habits as if nothing had happened. . These types of challenges are good for motivating people, but like everything... their desire to change and improve has to come from people. They have to identify their problems and see how that causes their alcoholism

Quitters day

‘Quitters day’ is the new concept for people who are having a difficult time with said initiative. Its basically the same as a new years resolution. Everybody says they’re gonna start going to the gym or something for the whole year and then a few days pass and it’s done. People already forgot their resolution. Its a very common thing in all cpuntries. This challenge is simply hard for most. People thing that stone cold addicts are the ones who should do this challenge. Its good for them to do it but its mostly for social drinkers so they can learn to be social and fun people without relying on alcohol

Hilary Sheinbaum

All this time and i havent talked about the promoters of this iniative. Hilary Sheinbaum. Hilary declared this challenge first as a dare with a friend of hers. She succedeed but her friend failed. Since that moment she has gone almost a decade doing the challenege every january. Society and the way its forming right now are learning to leave alcohol behind and recognizing its dangers. She published books and thats how more people recognized this challenge. Studies show that unlearning habits is way harder than lesrning them. It can take even months.

Conclusion

This article was well written and delivered its function. I learned about what Dry January is and clearly understood the concept and what it instills. I think that it is really a good challenge to do. Its benefits in my opinion are real and many and truly for these societies and for many communities in different parts of the world it is good to do it to lower the level of this highly addictive substance on the planet. I made my “monografía” about addictions and this article is also a good source i can use for information and details.

Questions

Do you believe its a hard challenge to do for the average person.

Do you believe the Dry January initiative is effective?

would you use it as an attempt to go completely sober or just stick to the month

Do you believe alcohol is bad for you in general or only in excess?

Do you think its a good challenge for those who struggle greatly with addictions to attempt?

Thanks for your attention:)