

Live Well Newsletter



January 2024

Tips for a Successful Dry January

The following are some tips you can use to have a successful Dry January:

- Find nonalcoholic drink substitutes. This could include sparkling water, mocktails or juice.
- Avoid temptation by removing alcohol from your home and bringing your own drinks to social gatherings.
- Create a support group. Find people who are also trying not to drink alcohol in January.
- Don't give up. If you slip up one day, don't consider the whole month a failure. Start the next day anew.
- Be aware of situations that could make you reach for a drink and try to avoid them.

Health Benefits of Dry January

As the holidays end, some people give up alcohol for "Dry January." The month-long wellness challenge can serve as a reset after overindulging during the holidays or an opportunity to reassess one's relationship with alcohol. While a month of sobriety can seem overwhelming to some, it comes with many advantages.

A brief break from moderate-to-heavy alcohol consumption may offer the following health-related benefits:

- Better sleep
- Increased focus
- Improved mood
- Boosted energy
- Clearer complexion
- Potential weight loss

Alcohol can also contribute to various health conditions, such as high blood pressure, kidney or liver problems, heart disease and certain cancers. So trying a period of sobriety can positively affect one's well-being and overall health. If you have any questions or concerns about your alcohol consumption, talk to a health care professional.

Blood Donor Month

January is National Blood Donor Month. The purpose of Blood Donor Month is to celebrate and thank current blood donors and to encourage more people to consider donating.

Blood is essential for various purposes, such as in emergencies and for individuals dealing with cancer, blood disorders, sickle cell anemia and other medical conditions. It's crucial to note that blood can be sourced only from voluntary donors, underscoring the significance of blood donation as a potential life-saving measure.

Who Can Donate?

Typically, individuals wishing to contribute blood should be in good health, a minimum of 16 years old (in most states), have a weight of at least 110 pounds and should not have given blood within the last 56 days. Pregnant people are ineligible to donate, and if you have recently traveled outside the United States, eligibility will be assessed through a series of questions.

Tips for Before, During and After Donating Blood

Use the following tips to help ensure a positive donor experience:

- Get a good night's sleep before donating.
- Eat a healthy meal before donating. Avoid fatty foods, such as hamburgers, fries or ice cream.
- Wear a T-shirt or a shirt with sleeves that can be rolled above your elbows.
- Bring a book or something to listen to while you donate.
- Drink extra liquids and avoid alcohol 24 hours before and after donating.
- Sit or lay down if you feel dizzy or lightheaded.
- Avoid heavy lifting or vigorous exercise for the rest of the day after donating.

Donating a pint of blood can help up to three people in need. Visit [redcrossblood.org](https://www.redcrossblood.org) for more information about how blood donation can make a difference.

Add Winter Safety to Your New Year Resolutions

In cold climates, everyone is susceptible to frostbite, but taking the following precautions can help prevent it:

- Protect your hands, feet, face and ears by bundling up in warm layers of clothing.
- Get out of the cold when your skin appears red, or you experience pain.
- Avoid drinking alcohol, which can make your body lose heat faster than usual.
- Limit your time outside if weather conditions are extremely cold, wet or windy.

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