



#Thrive2021 *Strong September*

# STRONG *September*



**You've heard of Dry January and Sober October; we're encouraging you to stand firm against stress and ditch the alcohol this September.**

Research suggests that more than 50% of adults who drink alcohol do so to help them cope with the pressures of everyday life. Whilst drinking may feel like it enables you to unwind after a stressful day, masking stress in the short term, it doesn't treat the underlying causes of psychological stress and associated mental health concerns.

*Some benefits are...*



**Save money**



**Sleep Better**



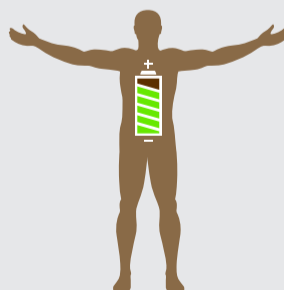
**Lose Weight**



**More meaningful relationships**



**Boost your mood**



**More energy**



**Healthier liver and heart**

*... to name but a few.*