



SAVVY SIPPING

The days between Thanksgiving and New Year's can seem like an endless string of toasts and free-flowing booze. That's where Dry January—a movement that's been catching on in recent years—comes in. “Giving up alcohol for just a month can boost both your physical and mental health,” says Reid Hester, PhD, a clinical psychologist and cofounder of CheckUp & Choices, a digital tool for people who want to cut back on drinking.

But nixing alcohol doesn't have to mean settling for boring beverages. Try this basic formula from Clare Liardet, author of the mocktail book *Dry*: Stir together the juice of half a lime, tonic water or club soda, and a sprig of rosemary, with more lime to garnish. Liardet notes, “Enjoying something delicious removes the feeling of penance or denial and turns not drinking alcohol into a positive decision.” Cheers to that!