

The background of the image is a sunset over the ocean. The sky is filled with soft, wispy clouds in shades of blue, purple, and orange. The sun is low on the horizon, creating a bright orange glow. The ocean waves are visible in the foreground, with white foam from a wave breaking on the right side. A semi-transparent pink rectangular overlay covers the middle portion of the image, containing the title and subtitle text.

THE

Importance
Of Hydration

Workbook

Hydration & Why You Need it

Dehydration is one of the most common issues people face on a daily basis. The worst part is that most people do not realize they are dehydrated until they have racked up a laundry list of issues.

Our bodies rely on water to help them function. When we start to run low on our most valuable resource we are putting undo stress on the body.

This can create a number of additional health issue but one of the most common among them is an increased risk of excess stress. Not to mention dehydration makes it even more difficult to handle stressful situations that may pop up. Get ready to find out why it pays to stay hydrated!

*Pamela
Tremblay*

H₂ ... OH KNOW!

Thirst is a common indicator of dehydration. However, at the time it appears the body is already mildly dehydrated.

Dehydration can degrade cognitive performance, increase anxiety and fatigue. It is also linked to negative mood and impaired short-term memory.

Dehydration increases the appearance of wrinkles and dry skin.

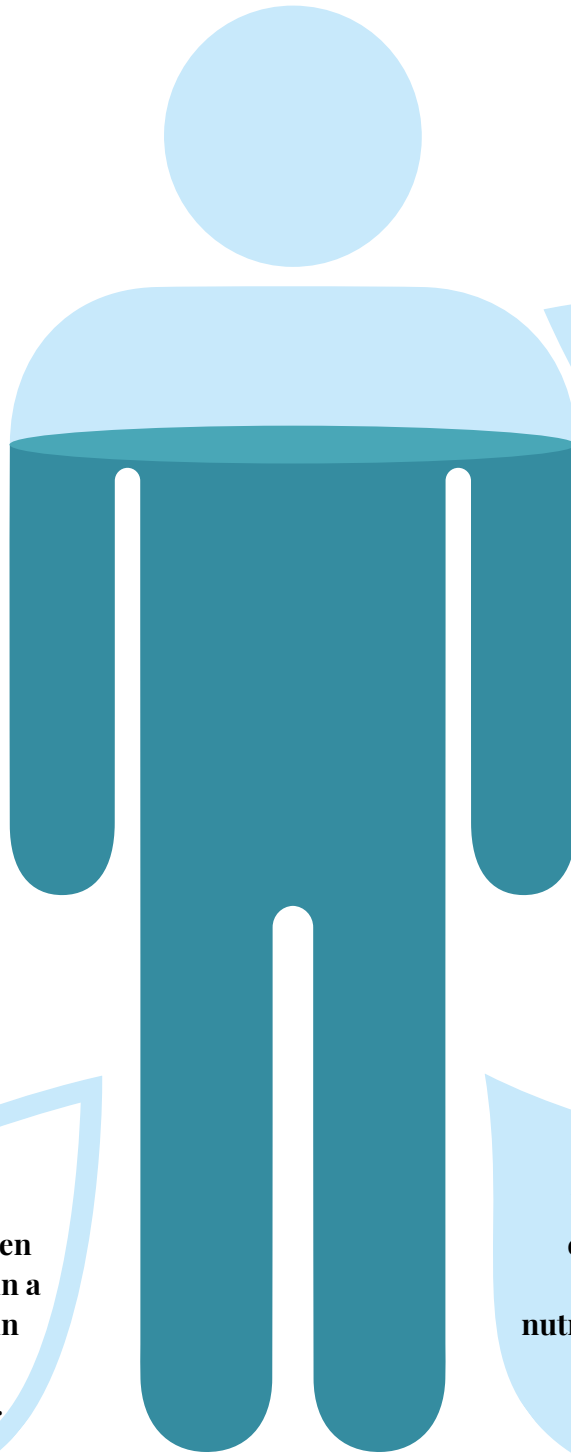
A 1% loss of body mass due to fluid loss is defined as dehydration.

High water intake has shown to protect kidney health and function. High water intake can also help prevent the formation of kidney stones in men.

Just drinking 16 oz of water can increase energy expenditure by 100kJ. Drinking 34 oz/day was associated with 5 lbs over 12 months.

Dehydration even mild can result in a 20% decrease in physical performance.

Water plays a critical role in transporting nutrients, waste, and temperature regulation.



5

SIGNS YOU'RE NOT

Drinking ENOUGH WATER

Here are 5 easy ways to tell if you are drinking enough water:

1

ARE YOU HUNGRY?

Studies show drinking eight ounces of water stops hunger pangs 100% of the time and as such can make a big difference in weight loss. The next time you have a snack attack reach for a glass of water first. Chances are you need to drink more.

2

FEELING TIRED OR CRANKY?

Multiple studies show that even mild dehydration causes moodiness, fatigue, trouble with memory, and headaches. If you can't focus or you find yourself snapping at people your first step should be to drink a glass of water.

3

CHECK YOUR SKIN!

Skin cells that aren't hydrated look rough and dry. If your skin sucks up lotion that's a big sign you need more water. Hydration is critical to flushing toxins from your skin, so you are more likely to have breakouts when you are dehydrated.

4

CHECK THE CLOCK

When was the last time you used the restroom? A healthy adult should empty their bladder 6-7 times a day. If you are going several hours without using the restroom you are more than likely dehydrated. Also your urine should have little to no color and be odor free if it's not you need more water.

5

DO THE MATH!

When in doubt, figure out how many ounces you need to drink a day based on your weight. Remember not to count other beverage you consume into your daily total. However caffeine actually dehydrates your body so you will need to subtract any caffeinated beverages from your total.

WHAT DOES *Water* DO FOR YOU?

**FORMS SALIVA
(FOR DIGESTION)**

**KEEPS MUCOSAL
MEMBRANES MOIST**

**ALLOWS BODY'S
CELLS TO GROW
AND REPRODUCE**

**FLUSHES OUT
WASTE**

LUBRICATES JOINTS

**WATER IS THE
MAJOR COMPONENT
OF MOST BODY
PARTS**

**NEEDED BY THE BRAIN
FOR HORMONE
REGULATION AND
NEUROTRANSMITTERS**

**REGULATES BODY
TEMPERATURE**

**ACTS AS A SHOCK
ABSORBER FOR
THE BRAIN AND
SPINAL CORD**

**BREAKS FOOD
DOWN INTO USABLE
COMPONENTS**

**HELPS DELIVER
OXYGEN ALL OVER
THE BODY**



ADRENAL FATIGUE DUE TO DEHYDRATION



FATIGUE

One of the symptoms of dehydration is fatigue. Your body cannot function properly without adequate hydration. People suffering from adrenal fatigue (due to excess stress) experience a constant state of mild dehydration.

SALT CRAVINGS

When we are under constant stress it is not uncommon to have low sodium levels. If you find that you are craving salty foods you may want to increase your water intake and do some relaxation techniques.



HEAT INTOLERANCE

Are you having a hard time being out in the sun or dealing with the heat? It could be due to excess stress levels as this is a common sign of adrenal fatigue.

IRREGULAR HEARTBEAT

Irregular heartbeats can be caused by a number of factors such as: dehydration, electrolyte imbalance, and low blood pressure, all of which are symptoms of adrenal fatigue.



DIZZY OR TIRED AFTER A HOT SHOWER

If you find that you don't feel well after a hot bath or shower it could be due to excess exposure to stress. Adrenal fatigue can go undiagnosed for years and is much more common than you may think.

YOUR BODY WITHOUT *Water*

DEHYDRATION

ACNE

Water flushes out toxins that helps prevent breakouts and lower stress and hormone related breakouts as well.

DULL DRY SKIN

Hydration calms and restores skins luster and brilliance.

EXCESS BAGGAGE

Dehydration weakens under eye skin making bags more prominent.

DRY/RED NOSE

Staying hydrated in dry environments protects fragile nasal skin.

LONGER HANGOVERS

Alcohol dehydrates the body naturally which can lead to intense hangovers.

HYDRATED

HEALTHY SCALP

A flaky, itchy scalp indicates a dry scalp so drink up!

STRONG HAIR + NAILS

Water is one of the most common means of nutrient transport throughout the body.

BRIGHT EYES

Dehydration reduces potassium & electrolytes which keep eyes moist.

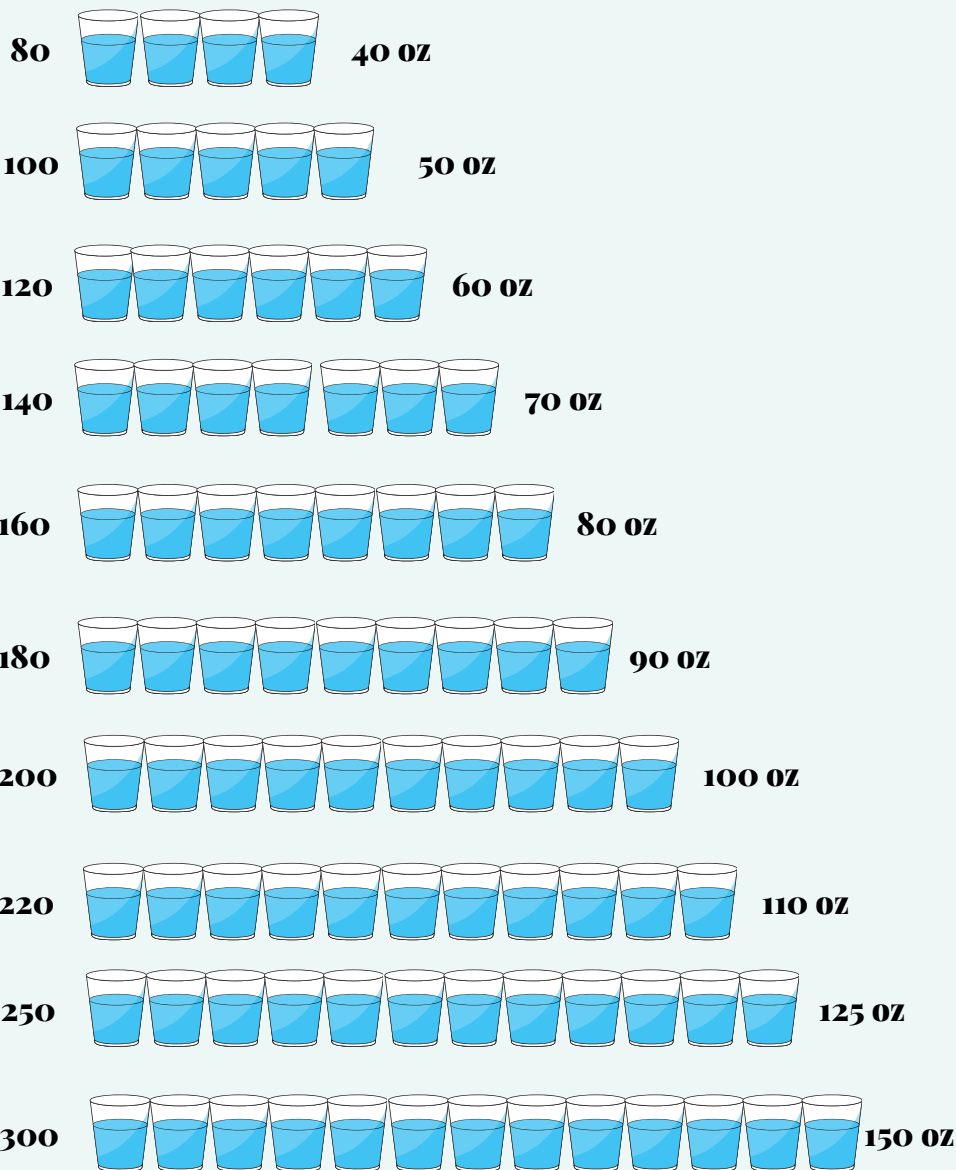
WEIGHT LOSS

Most people confuse thirst for hunger which is why drinking 16 ounces of water 20 minutes prior to eating aids in weight loss.



ARE YOU DRINKING ENOUGH WATER?

WEIGHT (LBS) OUNCES OF WATER



WHEN IS THE *Best* TIME TO DRINK WATER?

1

AFTER WAKING UP
Helps jump start your metabolism

2

AFTER WORKOUT
Bring heart rate back to normal

3

HALF AN HOUR BEFORE A MEAL
Aid in digestion

4

BEFORE TAKING A BATH
Help lower blood pressure

5

BEFORE GOING TO BED
Replenish any fluid loss

6

WHEN YOU FEEL SICK
Flush out any possible infection

7

WHEN YOU FEEL TIRED
Recharge your system

8

WHEN FEELING STRESSED
Prevent your body from over working itself.



Want to know more?

I hope this week's focus has helped you not only see just how important hydration is for your health, but also helped you gain awareness on how you can be more consistent in staying hydrated.

Remember at the end of the day it's all about hydrating your body and getting enough sleep to ensure your body is working at it's peak potential.

Get ready for even more skills and tools to help you improve your brain health and ease your anxiety!

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