

Why is hydration so important?

Hydration plays a crucial role in maintaining optimal **cognitive function**. Your brain is made up of fat and water (and a few other things) – so when you are dehydrated, your brain may not function at its best. Even mild dehydration can impair memory, quick and accurate decision-making skills and staying focused.

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Energy slumps in the workplace - I often receive referrals from GPs and consultants for 'TATT' which stands for Tired All The Time – but when we analyse the individuals diet, although some micronutrients might be under the recommended value, this is not enough to cause TATT. But when we look at fluid intake - it's hydration that is the energy killer! This is because hydration helps maintain adequate blood flow and oxygen supply, promoting sustained energy.

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Poor hydration is one of the most common causes of **headaches**. When you're experiencing headaches, it's difficult to concentrate on your work. Staying hydrated can help prevent headaches, contributing to improved concentration. **SO reach for a glass of water before the paracetamol.**

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To maintain optimal concentration in the workplace, it's important to drink an adequate amount of water throughout the day. The exact amount will vary from person to person as we are all different including our weight and dietary intake e.g. eating different amounts of fluid containing foods such as fruit and vegetables and eating varying amounts of semi-solids such as custard and yoghurts etc. But as a general rule the guideline is to have Water, drinks and hydration - NHS (www.nhs.uk) and check your urine! It should be number 1-3 on this chart....see attached xxxxxx. Remember that fluid requirements are individual, especially if you are in a hot environment or wear protective clothing.

TOP TIP: Set an alarm for every hour on your phone to take a drink, even just a couple of mouth falls will help you to get into a routine of drinking regularly.

Paying attention to your body's signals and staying consistently hydrated can contribute to improved mental focus and overall well-being in the workplace.



Filming alongside Gloria Hunniford for a hydration focused episode of BBC Food: Truth or Scare. This episode was partly filmed at our local Essex & Suffolk Water East Hanningfield site.



TOP TIP: Don't like water? Mix it up with fruit teas or even fruit flavoured water with some added mint or basil, a slice of lemon or orange.

So remember, keep your brain active at work by keeping hydrated.