

YOUR BRAIN CALLED.

It's Thirsty.

HOW DEHYDRATION AFFECTS YOUR MOOD, FOCUS & ENERGY

YOU MAY NOT FEEL THIRSTY

You may feel:



BRAIN
FOG



FATIGUE



IRRITABLE



ANXIOUS



CRAVINGS



DIZZY



HEADACHES POOR FOCUS



WHY IT HAPPENS

Your brain is about 75% water.

Even **1-2% fluid loss** can impact the way your brain functions.

Dehydration can:

- ✓ Reduce blood flow and oxygen to the brain
- ✓ Impair communication between brain cells
- ✓ Increase stress hormones (like cortisol)
- ✓ Make it harder to think, focus, and regulate mood

WHAT YOU CAN DO ABOUT IT



DRINK
CONSISTENTLY

Sip throughout the day. Don't wait till you're thirsty.

Aim for ½ your body weight in ounces [water+other hydrating fluids]



REPLENISH
ELECTROLYTES

Sodium, potassium, magnesium, and calcium help your body absorb and use water.

You don't need fancy. You need minerals.



EAT YOUR
HYDRATION

20-30% of your daily hydration comes from food

Think fruits, vegetables, soups, herbs and more



BUILD A HYDRATION
RHYTHM

Make hydration a habit, not an afterthought.

Morning, with meals, before coffee, after exercise, throughout the day.



LISTEN TO
YOUR BODY

Dark yellow pee, dry mouth, cravings, or sudden fatigue are your clues.

Your body whispers before it screams.

BEFORE YOU DECIDE THAT YOU'RE:

- ✓ lazy
- ✓ broken
- ✓ anxious
- ✓ losing your mind
- ✓ too old
- ✓ lacking will power



Drink some water.

HYDRATION ISN'T GLAMOROUS.
IT'S FOUNDATIONAL.

Small, consistent changes today = a clearer mind, more balanced mood, and better days ahead.

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