



Hydration & You

What the science says — and what to do about it today

What most people don't know about hydration

New research is changing how we understand hydration. Two studies — one on women, one on men — found that at just **1-2% body water loss** (below the level where you feel thirsty) the effects on your brain and mood are already measurable. Most of us are here for much of the working day without knowing it.

1-2%

dehydration impacts cognition

↑ Harder

tasks feel more difficult than they actually are

↑ Irritable

more frustration, anxiety and tension

↓ Energy

lower motivation, focus and resilience

That task that felt impossible at 3pm? Your brain may have been running low on water — not ability.

If something feels harder than it should — try this first

Step 1

Schedule the task for later

Give yourself permission to come back to it.

Step 2

Drink a large glass of water

Wait 15 minutes, then try again. You may be surprised.

Build the foundations: 5 simple habits



Morning

Have water before your first tea or coffee. After 8 hours of sleep your body is already dehydrated — don't add a stimulant before you rehydrate.



Meetings

Always take a glass or bottle into a meeting. Make this your new habit — the physical presence of water means you'll actually drink it.



Coffee audit

Count your coffees and teas vs plain water today. Can you swap one for a herbal tea or still water? Note: fizzy water is slightly acidic and less hydrating.



Afternoon slump

Before reaching for more caffeine at 2-3pm, drink a large glass of water and wait 15 minutes. Dehydration is frequently misread as needing coffee.



Don't like water?

Add lemon, cucumber or ginger to a jug. Herbal teas (peppermint, chamomile, rooibos) count too — great coffee alternatives.

1.5L

minimum daily — no exercise

2L +

if you exercise or are under high stress

How close are you today?

Have an honest look at how much plain water you actually drink in a day. Most people, when they count it up, are significantly below this. You don't have to overhaul everything at once — even a 500ml increase can have a noticeable effect.

Water bottles — why the material matters

Plastic (even BPA-free) X

BPA-free means it is safe according to the research so far. However, the research may change.

Stainless steel ✓

Nothing leaches regardless of temperature. The safer choice — worth making it team standard.