

## HOW TO STAY HYDRATED DURING THE SUMMER MONTHS



You probably already know that it is important to drink enough water. A minimum of eight glasses of water a day is recommended. Getting enough water in your body will prevent you from getting dehydrated. During hot and humid days, we lose excessive amounts of water from our bodies through perspiration. You can get dehydrated very quickly if you don't take proper precautions, especially if you are involved in outdoor physical activities. According to WEBMD the early signs of dehydration are increased thirst, dry mouth, sticky saliva and reduced urine output that is dark yellow in color.

This is why it is so important that you learn about how to stay hydrated. Water is the best thing you can drink. Water is essential for our bodies to function. The body can survive approximately 60 days without food, but only 10-18 days without water. Water makes up approximately 70% of the human body. Without proper hydration, you may experience a lack of energy and a headache; so instead of reaching for an afternoon coffee or soda, grab some water.

The importance of staying hydrated:

- Water carries oxygen and nutrients to the cells all over the body
- Water removes waste and toxins
- Water regulates body temperature
- Water is vital for the efficiency of the immune system
- Water helps keep skin cells hydrated giving the skin a more youthful appearance
- Water helps maintain healthy body weight by increasing the metabolism
- Water aids in the digestive process and prevents constipation
- Water helps transport energy to the brain
- Water prevents the clogging of arteries in the heart and brain

Here are a few tips to help you remember to drink the water, and to make it a little more pleasant or interesting:

### 1. Keep a Log

Get a notebook and make a little checkmark, or dash every time you drink a glass of water. This will help you keep track of how much water you have consumed on a daily basis. You will be surprised how motivating it is to try to get those eight little checkmarks on there every day.

### 2. Add Some Lemon Juice

After a few days you might get bored with drinking water. Add a little flavor by adding a teaspoon or less of lemon to your water. Just make sure you are still drinking mainly water. Just a splash should be enough give the water some flavor without adding a lot of sugar and calories.

### 3. Drink Some Water When You Feel Hungry

Unfortunately many of us have gotten so out of tune with our bodies that we feel hungry when we are actually thirsty. If you feel hungry, try drinking a glass of water first. You may just be thirsty.

### 4. Carry A Water Bottle

It's much easier to drink water when you have it readily available. Carry a bottle of water around with you in the car, at work, while running errands, in the yard, and even while you are working around the house.

### 5. Drink More If You Are Working Out

Make sure you drink a few extra glasses of water if you work out, or if you spend some time outside while it's hot. Your body uses and needs more water when it sweats. So don't forget to fill back up on water during and after exercise.



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## CONFLICT— IS IT ALL THAT BAD?

You cannot always escape conflict in your life, nor should you try to. Conflict is inevitable since the objectives, values, and needs of people and groups will not always coincide. Conflict can even be good because it offers an opportunity to find new and creative solutions to problems. It can keep us motivated and help us learn and grow, so embrace it! Effective communication is critical and necessary to resolve conflicts successfully.

- Start by calming down. Stop any arguing, name-calling, or insults. If someone is really upset, take a “time out” and cool off.
- Second, describe the problem. Be factual and specific, and avoid guessing at the other’s motives. Focus on the problem, not the person.
- Third, think of solutions together. Write down every idea you think of, no matter how impractical it sounds.
- Then, consider every idea. Ask yourself: What will happen if we do this? Will we both get what we need? Will anyone else be affected?
- Lastly, choose a plan that meets both parties’ needs. As you are implementing the plan, constantly assess it. If it isn’t working, try another solution. Make sure to continue to communicate throughout.

### THE 6 MOST IMPORTANT WORDS

“I admit I made a mistake.”

### THE 5 MOST IMPORTANT WORDS

“You did a great job.”

### THE 4 MOST IMPORTANT WORDS

“What is your opinion?”

### THE 3 MOST IMPORTANT WORDS

“I love you.”

### THE 2 MOST IMPORTANT WORDS

“Thank you.”

### THE LEAST IMPORTANT WORD

“I”



## STRESS TIPS

- Laugh more.
- Watch less TV.
- Don’t procrastinate.
- Use lists.
- Use perspective.
- Make friends with non-worriers and other less stressful people.
- Use deep-breathing exercises.
- Exercise. Physical activity keeps us in shape, which helps us to feel better about ourselves and which releases stress-fighting hormones into our bodies.
- Eliminate destructive self-talk. voice.
- Get a massage
- Take a relaxing bath
- Find a hobby

## Easy Daily EXERCISE



Do you find yourself making excuses for not exercising? Try wearing a pedometer. A pedometer clips to your waistband and counts the amount of steps taken. Step counting is a great way to keep active, aiming to increase your steps by 2000 per day towards a goal of 10,000 steps per day.

Encourage your family members or co-workers to also wear one and enjoy some friendly competition.

The best pedometers can calculate and display other interesting stats such as distance, calories burned, speed, elapsed time, steps per minute, and function as a stopwatch and alarm. Some pedometers have fancy features such as talking, playing music or reading your heart rate.

An average pedometer range from \$12.00 to \$30.00 depending on the different features that they have.