



PROTECTING YOUR ENERGY

Drinking well

Easy guidance and tips
to support you to get
the best out of your
days at work



Steps to understanding hydration

YOUR ENERGY



Physically demanding work

Need to keep hydrated for physical & cognitive health

Dehydration is linked to fatigue, muscle cramps, dizziness and reduced coordination

BALANCE



Drink water regularly

Drink more in hot or humid environments

Avoid excessive caffeine or alcohol

What does balanced look like?



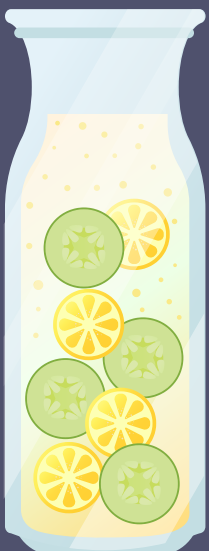
WATER

Between 2-3 litres a day
Add 0.5-1 litre when it's very
hot or humid
Drink around 250ml every 20
minutes



WHAT TO LOOK FOR

Urine colour should be pale
yellow
Feeling fatigued
Feeling light headed
Having a dry mouth



DONT LIKE WATER?

Add lemon
Add cucumber
Add fresh mint & lime
Add berries

Alcohol



REGULARLY DRINKING TOO MUCH CAN
BE LINKED TO:

- An increased risk of heart disease
- An increased risk of some cancers
- A higher chance of being overweight
- Issues with sleeping
- A worsening of mental health issues

HOW MUCH SHOULD I BE DRINKING?

NO MORE THAN 14 UNITS A WEEK

Healthy Alcohol Habits

Reflect on your relationship
with Alcohol:

Consider why, when and how
much you drink. Is it social,
emotional or habitual?

Think about where you may
want to make some changes

Decide whether you want to
moderate, reduce or eliminate

Make it realistic



Healthy Alcohol Habits

Manage the habit

Non Alcoholic alternatives
Healthy Rituals

Practice mindful drinking

Pause before drinking

Sip Slowly

Alternate drinks



Understand your triggers

Try not to use alcohol as a
stress management tool

Think about having it out of
sight at home

Alcohol Alternatives

Low or alcohol free
beer



Kombucha



Fizzy water

