



Mental Health Tip of the Month

July



Stay Hydrated!

Did you know a majority of organs in the body are made up of mostly water? The brain, for example, is over 70% water- making adequate water intake critical for optimal mental functioning! Since the brain and other body systems depend on water to function correctly, dehydration can significantly impair one's mental and physical functioning. For most individuals, doctors often recommend 6-8 glasses of water per day.

Water is essential in maintaining balance in the body. Unfortunately, hydration is often overlooked as a means to boost one's mental health.

Research indicates staying hydrated can:

- Lower the risk of anxiety and depression
- Improve emotional health
- Decrease risk of dementia

Signs of dehydration

- Skin dryness or redness
- Dry mouth, lips and eyes/ bad breath
- Fatigue
- Headaches
- Feeling thirsty
- Urinating less than usual/ Dark urine



While there is a correlation between drinking water and improved mental health, water is not a standalone cure for any mental health condition. Instead, staying hydrated can prevent the worsening of one's mental functioning and, in the long term, can assist in stabilizing one's mental wellbeing.



Speak to a medical professional about any physical health concerns you may have. Reach out to Hudson Guild's clinical team or another mental health provider if you are interested in engaging in psychotherapy services.



NYC Well: 1-888-NYC WELL (692-9355) or text WELL to 65173
Hudson Guild Mental Health Counseling Services: (212)-760-9822