

Hydration & Wellbeing

Hydration can affect concentration, headaches, tiredness and general wellbeing. The aim is awareness, not perfection.

How easy is it for me to remember to drink?

What drinks do I genuinely enjoy or tolerate?

When am I most likely to forget?

What signs tell me I may need a drink?

Do sensory preferences affect what I drink?

Temperature, flavour, cup, bottle, texture or carbonation?

What could make drinks more accessible?

What reminder might work for me?

One simple hydration support I can try is...
