

MIND • BODY • FOOD

Make Hydration Visible

Use the environment to support remembering

Remembering to drink can be difficult when thirst signals are subtle, attention is absorbed elsewhere, or starting a task feels demanding. Placing an acceptable drink where it can be seen and reached uses the environment as a prompt rather than relying only on memory.

Space to Breathe Therapy

Understanding the idea

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Why this may help

- Visible cues can interrupt “out of sight, out of mind” patterns.
- Easy access reduces the steps between noticing and drinking.
- Preferred containers, temperatures and flavours can make hydration more acceptable.

Keep the experiment gentle

Use this as an invitation to notice what supports you. There is no correct outcome, and you can stop, simplify or adapt the exercise whenever it increases pressure or makes eating less possible.

Try this in your own way

A practical approach

- 1 Choose a drink you can tolerate and a container you find easy to use.
- 2 Place it beside a desk, sofa, bed or another frequently used space.
- 3 Keep a reusable bottle with you when out, if helpful.
- 4 Notice whether visibility changes how often you remember, then adjust the location or container.

Pause and notice

What felt easier? What felt difficult? Did the change affect energy, comfort, hunger, satisfaction or stress? Treat every answer as information rather than evidence of success or failure.

Your reflection worksheet

The drink I chose

Where I placed it

What made it easy or difficult to use

Did I notice it more often

One change to try next

A supportive reminder

Hydration needs vary. If you have been advised to restrict fluids or have a medical condition affecting hydration, follow your individual clinical advice.