

Hydration



Aim to drink around 2 litres of water per day. Water is an essential source to the body and helps us in many ways.



Studies show that drinking water can help us concentrate and improve our cognitive skills. Try to stay hydrated- especially during the exam period!



Keeping yourself hydrated can also help to boost your mood. One study found that those who drank water felt their mood had boosted, whilst those that drank less water felt their mood had worsened.



Water helps to regulate body temperature, prevents dehydration and more. If you'd like to find out more you can visit this NHS webpage.

<https://bit.ly/NHShydration>