



Wellness Wednesday

Water, Water Everywhere

Did you know that drinking enough water can have an impact on your mental health? Our brains are made up of mostly water, so when you don't drink enough water, you may feel tired and less focused. Your mood may be impacted, emotions heightened. It can affect your overall happiness. Drinking enough water can make a difference!

Three tips for drinking enough water:

1. **Set a goal for how much to have each day** - then break that goal into smaller goals throughout the day.
2. **Make your water more appealing**—add flavor or ice or use a colorful reusable straw. Try a nice herbal tea as an alternative.
3. **Track how much you drink daily** - it can be something simple like a rubber band wrapped around your bottle each time you fill up or a checklist by your desk. Or you can use a phone app to keep track.



NAMI Vermont Minute:

Per the Vermont Dept. of Environmental Conservation, our little state of Vermont has 800+ lakes and ponds. The largest lake in our region, Lake Champlain, serves as a source of drinking water for roughly 250,000 people. Much like this lake, NAMI Vermont's programs are a good source for hundreds of thousands of Vermonters. And our support groups, workshops and presentations are offered for FREE to all Vermonters, thanks to the grants and donations we receive each year. To learn more about how you can support NAMI Vermont, visit www.namivt.org/donate-now/.