

Hydration

Signs that you are not hydrated enough.

www.NJSelfAdvocacyProject.org

Email: NJSAP@ArcNJ.org

1

TIRED

- You may feel fatigue
- You can be more moody
- You may struggle to concentrate

2

DRY SKIN

- Dull looking skin
- Flaky skin
- Chapped lips
- Oily skin

3

STINKY BREATHE

- Dry mouth
- Less saliva

4

MIGRAINES / BAD HEADACHE

- Drop in blood pressure
- Dizziness

5

HUNGRY

- Persistent hunger
- Sweet cravings

6

JOINT PAIN

- Reduce joints' shock-absorbing ability
- No cushion in brain, spinal cord, any sensitive tissue



Are You Hydrated:

Check your urine color

Hydrated



Dehydrated

Staying hydrated can improve your brain performance, give you more energy, and decrease joint pain.