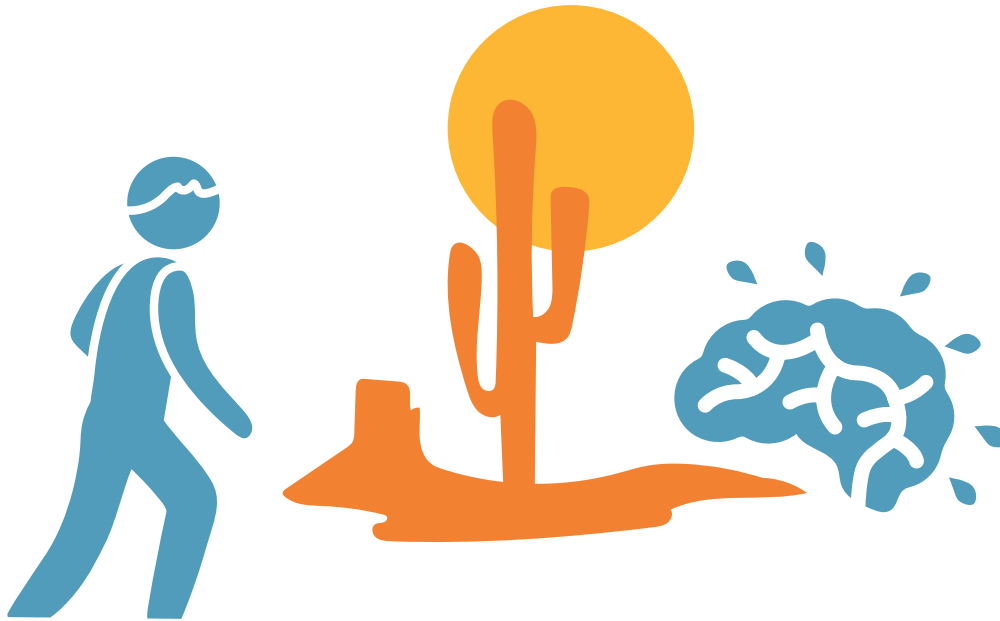


Day 2: Stay Hydrated Regularly... With H2O!

Hydration is one of the simplest, yet most essential things you can do for your self-care. We're sure you already know how good water is for you, that it boosts your energy, and helps with digestion. But did you know that:

85% of your brain tissue is water!

If you're dehydrated, your mind and body are like a car running on empty.



Bottom line: If you're like some people around here not drinking enough water, you are not giving your mind and body what they need to be their most impactful.

Psst. Coffee drinkers. If you've been drinking that cup of coffee and feeling pretty good about yourself, thinking "It's not like I'm drinking *Diet Coke* for breakfast. It's mostly water, right?" We've got some bad news for you. That ain't gonna cut it. You need the good stuff: the pure H₂O. At a bare minimum, drink 1 cup of water for every 1 cup of coffee.

Today's Challenge

Place a big bottle of water by your desk and **drink from it** regularly. Was it empty by the end of the day? Did you do multiple refills? Note how much you drank by the end of the day.

Deepen Your Practice

Increase that amount a little bit each day. Try to add a cup a day this week.