

5 Simple Ways to Make Hydration Easier

A practical starting point for everyday hydration

Hydration needs are personal. Instead of following one rule or aiming for someone else's amount, begin by noticing what helps appropriate drinks fit more naturally into your day.

Important: If you have fluid restrictions or specific hydration instructions from a healthcare professional, continue to follow that guidance.

1	Make appropriate drinks easy to see and reach What is visible and within reach is often easier to remember. Consider where you spend time and whether a suitable drink can be safely kept nearby. Try this: Place a drink where you are likely to notice it during one part of your day.
2	Connect hydration to something you already do A familiar routine can become a helpful reminder. You might connect drinking with a meal, medication routine, class, rest break, or another regular part of your day. Try this: Choose one existing routine that could serve as a gentle hydration cue.
3	Prepare for movement, errands, and time outdoors Busy or changing days can make usual routines harder to follow. Preparing a suitable drink before you leave, exercise, or spend time outside may reduce the need to remember later. Try this: Before your next activity or outing, decide what drink you will bring or have available.

MAKE HYDRATION FIT YOUR DAY

Small changes can make support easier to repeat.

4	Notice what gets in the way Difficulty with hydration is not always about forgetting. Access, taste, temperature, bathroom concerns, physical limitations, schedules, symptoms, and medical guidance can all matter. Try this: Name one barrier you notice without judging it. What small adjustment might help?
5	Choose one realistic practice to explore You do not need to change everything at once. One small practice gives you a chance to notice what fits, what does not, and what you may want to adjust. Try this: Select one idea from this guide to explore for the next few days.

One Practice I Will Try

The practice I want to explore is:

What could make this easier for me?

A helpful reminder

The purpose is not to create a perfect hydration routine. It is to notice what supports you and choose a practice that can adapt with your needs.