



**UCAN | THRIVE!**

# **HYDRATION, STRESS, SLEEP**

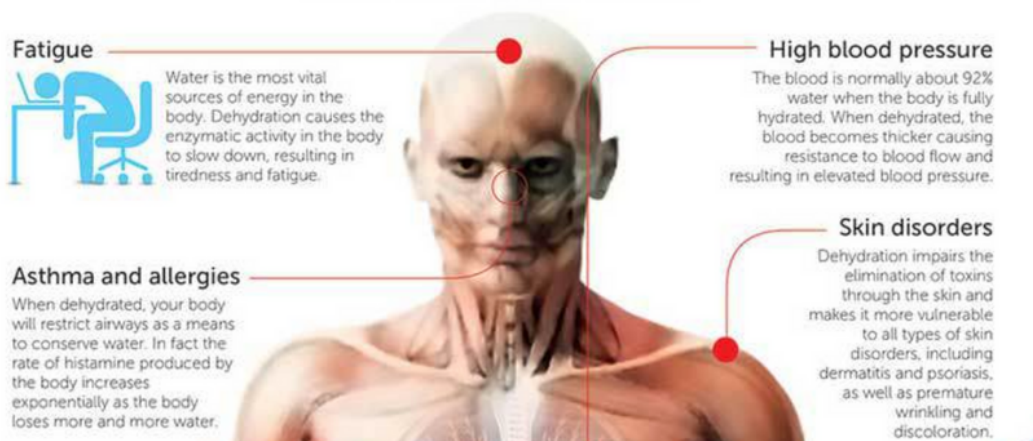
JIM WATTS

# WHAT HAPPENS TO YOUR BODY WHEN YOU'RE DEHYDRATED



- Your body is even 1% dehydrated, your metabolism will slow down significantly
- Digestion is significantly reduced and can lead to overeating
- We often mistake dehydration for hunger
- You lose focus
- Your risk of a stroke increases
- Your skin worsens
- Your kidneys will function poorly and so will your heart
- We often treat signals of thirst with liquids that contribute to further dehydration of the body, such as coffee and tea

## WHY DEHYDRATION IS MAKING YOU FAT AND SICK





# MAKING CHANGES

## DEHYDRATION SLOWS DOWN YOUR METABOLISM

### DRINK 1 LITRE OF WATER FOR EVERY 25KG OF BODYWEIGHT

A more calculated way to look at it is - drink a litre of water per 25kg of bodyweight, so if you weigh 50kg that's around 2 litres of water per day and if you weigh closer to 75kg you should be drinking broadly 3 litres per day.

### EASY WAYS TO DRINK MORE WATER

- Start the day with a glass of water
- Drink a glass after every bathroom-trip
- Sip before every meal
- Use an app to track your cups
- Keep a gallon jug nearby
- Fruit teas are naturally caffeine free
- towards your daily target
- Choose sparkling or mineral water over soda
- Use a marked water bottle

### EAT WATER-RICH FRUITS & VEGETABLES WITH A HIGH WATER CONTENT, SUCH AS:

- Cucumber (96% water)
- Zucchini (95% water)
- Watermelon (92% water)
- Grapefruit (91% water)

### LIMIT COFFEE AND TEA INTAKE

Caffeine can increase heart rate and blood pressure, which impacts someone's overall health, increases anxiety, dehydration, restlessness and sleep disruption

# HEALTHY CHOICES AHEAD



## MATCHA AND GREEN TEA

- The amount of caffeine in green tea can also vary depending on the quality, the brand, and how old the tea is



## LEMON WATER

- Drinking lemon water first thing in the morning helps wake up your liver and stimulate proper stomach acid production and bile production to aid in digestion

## SMOOTHIES

- Smoothies provide servings of fruits and vegetables. Adding a protein, such as yoghurt, will help fill you up. Smoothies are a great start to the day with carbohydrates, fibre, antioxidants and protein



# HORMONES AND STRESS



- Hormones can tell your body whether to burn fat or to store fat
- They also tell your body to build muscle or cannibalise muscle
- A simple hormonal problem like an under-active thyroid can cause severe weight gain
- Stress can be the reason why most people don't lose weight

## CAN STRESS CAUSE WEIGHT GAIN WITHOUT OVEREATING?

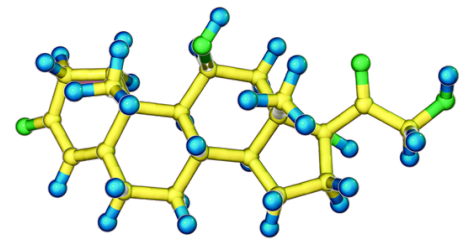
- Cortisol increases appetite and can cause someone to overeat
- Cravings: High cortisol levels from stress can increase food cravings for sugary or fatty foods.
- Stress is also associated with increased hunger hormones, which may also contribute to cravings for unhealthy foods.





- Stress can affect all aspects of your life, including your emotions, behaviours, thinking ability and physical health.
- It imbalances the hormonal system, potentially causing thyroid and adrenal dysfunction, menstrual problems and blood sugar problems
- It increases fat-storing hormones like CORTISOL and INSULIN, leading to weight gain

Cortisol is a steroid hormone that regulates a wide range of processes throughout the body including metabolism and the immune response. It also has a very important role in helping the body respond to stress.



## WAYS TO LOWER CORTISOL LEVELS SO YOU DON'T FEEL AS STRESSED

- Cut out caffeine, or consume less
- Reduce your sugar intake
- Avoid or limit alcohol intake when you're stressed
- Stay hydrated
- Stick to a regular eating schedule
- Get a good nights sleep
- Laugh it off
- Drink more tea = Tulsi Tea helps lower your cortisol levels. It also helps clear the body of toxins
- Eat more cortisol-lowering foods:
  - Dark chocolate
  - Bananas and pears
  - Probiotics in yoghurt

*REMEMBER: Too much cortisol will slow down your metabolism, and increase insulin levels and weight gain*

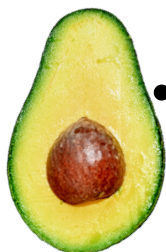
# THE BEST FOODS TO HELP FIGHT STRESS



- Herbal Tea - Helps promote feelings of warmth and calmness



- Dark Chocolate - Offers an antioxidant-rich indulgence



- Avocados offer stress-busting Omega-3 fatty acids



- Fish can boost your heart health while fending off stress

- Nuts are a great stress-busting snack and they're high in healthy fat



Probiotic supplements can also create a healthy gut microbiome, helping you manage stress



# SLEEP



## LACK OF SLEEP CAN LEAD TO:

- Changes to hormones that regulate hunger and appetite
- Increased cortisol levels that would lead to weight gain
- Anxiety
- Depression
- Paranoia

## METHODS TO IMPROVE YOUR SLEEP

- Try to go to sleep and get up at the same time every day
- Avoid sleeping in - even on weekends
- Be smart about napping
- Fight any after dinner drowsiness
- Expose yourself to bright sunlight in the morning
- Increase natural vitamin D by spending more time outside during daylight
- Use the Night Shift feature on devices to dim the screen with sunset
- Switch off computers by 8pm
- Avoid using mobile phones before going to sleep

