

Health and Wellbeing Newsletter

29th April 2019

Are you keeping hydrated at work?



Staying hydrated is essential to staying well, and yet most individuals admit to often forgetting to drink water, especially at work. Here are a few ideas to help you remember to drink throughout your working day:

Keep track.

Just as clinical staff have to time medications for patients, we need to keep track of when we need to drink water. Aiming to drink a few sips of water every two hours will help you get into the habit of being aware of your fluid intake, even if you work in a busy environment.



Carry a water bottle.

Do you have a CUH logo water bottle? (see example bottle in the picture to the right). You can use your CUH bottle at work, as it is Infection Control certified and safe to use in clinical areas. But, be mindful not to use them in direct patient areas (for example in a patient bay on a ward).



Bathroom breaks are important.

When busy it's easy to feel like you don't have time to go to the loo. But it is essential you make time. Not having frequent toilet habits due to being dehydrated can result in serious health issues. Give yourself permission to pop to the water fountain and toilet when you have two minutes spare.



Coffee break anyone?

Tea and coffee count towards your fluid intake and can help you stay hydrated. Just keep an eye on the amount of sugar and caffeine you have. Aim to maintain a healthy diet by choosing low sugar drink options when possible.



Drink when you eat.

Try drinking a glass of water every time you eat something. Even if you are just having a biscuit, sip some water to boost your energy level and make drinking an habit you fit into your day.



Check if you're dehydrated.

It good to know the symptoms of dehydration:

- feeling thirsty
- dark yellow and strong smelling pee
- feeling dizzy or lightheaded
- feeling tired
- dry mouth, lips and eyes
- peeing little, and fewer than 4 times a day

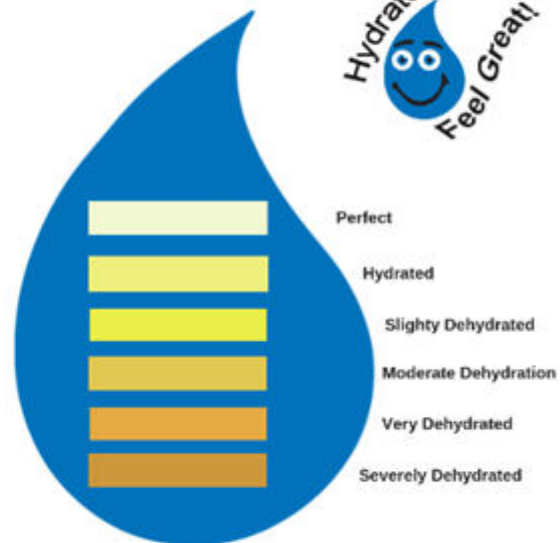
Aim to drink 8 glasses of water a day to avoid dehydration.

Download the [Urine colour test poster](#).



Am I hydrated?

Take the urine colour test.



Don't forget: medication, vitamins and certain foods can effect the colour of your urine.



Events, courses and
campaigns

Free Weight Management Programme



be slim for life
with
Slimming World

If you are a resident of Cambridgeshire and would like to lose weight, you could be eligible for a **FREE** 12-week referral

For more information around eligibility, call Everyone Health on 03330 050093

everyone HEALTH
slimmingworld.co.uk

 **Be Well**
In Cambridgeshire

 **Slimming**
WORLD
Partnerships

Maternal Mental Health Awareness Week



9th April-5th May 2019

The campaign is dedicated to talking about mothers experience mental health experiences during pregnancy or after having a baby. The campaign aims to raise awareness and direct mothers to the support available. To find out more about the campaign please visit the maternal mental health alliance [website](#).

If you are pregnant or have had a baby and require guidance or support regarding your mental wellbeing please speak to your Midwife or GP. They are there to support your mental wellbeing and your physical wellbeing.



New Members Welcome Party and Taster Session.

Drinks, nibbles and songs. Free entry, no booking required.

Date: Monday 29th April 7-9pm David Dunn Suite, Addenbrookes

***Free parking* is available in car park 6 (Opposite the bus stop at the front of the hospital).**
