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Ways to Stay Hydrated

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Staying hydrated is an important part of our well-being –– and for people living with cancer, it’s especially crucial. Some people living with cancer may be more prone to dehydration, and may be advised by their care team to drink enough fluids throughout the day.

Remembering to drink water can be difficult, but starting small can help. That’s why we’ve compiled these three expert-backed techniques to help you incorporate more water consumption into your day and help you stay hydrated:

Carrying a reusable water bottle with you.
If you struggle with reminding yourself to drink water, consider keeping a reusable water bottle on you and creating “memory routines”. Make it a default practice to refill your bottle every time you get out of your chair, for example. Simply having the bottle in your line of vision can serve as a reminder to stay hydrated.

Setting a hydration timer on your phone or watch.
Use your smartphone or watch to set timers for when it’s time to drink a glass of water. A good starting point is every two hours.

“It is important to drink enough, but not too much,” said Ron Maughan, a professor of medical and biological sciences at the University of St. Andrews. “More is not always better, and too much is as harmful as too little, so listen to your body.” If you’re not sure how much water you should be drinking, speak with your health care team and they will be able to help you.

Practicing hydration check-ins at the same time as other habits. Being more aware of your personal signs of dehydration can also help you build a habit of drinking water. A great way to get more attuned to your hydration needs is to link it with something you already do daily, like checking your phone or ending phone calls. Use the check in to think back to the last time you had some water, contemplate how you’re feeling (Moody? Unfocused?), and whether or not you feel thirsty.

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