Staying Well in Warmer Weather:
Hydration, Heat and Energy

June

When Warmer Weather Starts to Affect Your Workday

The arrival of June often brings a welcome change in pace. Longer days, brighter mornings, and warmer temperatures can have a positive impact on mood and motivation. But alongside these benefits, warmer weather also introduces subtle challenges that can affect how we feel at work.

You might notice concentration dipping earlier than usual, or tasks feeling slightly more strenuous. Energy levels can fluctuate more, and by the afternoon it may feel harder to maintain focus. Often, these shifts are linked to hydration and how the body is responding to heat.

How Heat Impacts the Body

As temperatures rise, the body works harder to regulate itself. Sweating increases as it tries to cool down, which leads to fluid loss that needs to be replaced. If hydration levels drop, even slightly, the effects can begin to show. These may include:

- **Difficulty concentrating or staying focused**
- **Headaches or a feeling of mental fog**
- **Increased fatigue or sluggishness**
- **Irritability or reduced patience**

What's important is that these symptoms often develop gradually, making them easy to overlook until they begin to affect performance more noticeably.

Hydration: Small Habits, Big Difference

One of the simplest ways to support your wellbeing in warmer weather is to build consistent hydration habits. Rather than drinking large amounts infrequently, it's more effective to maintain a steady intake throughout the day.

Practical ways to do this include:

- **Keeping a bottle of water within easy reach**
- **Taking small sips regularly, especially between tasks**
- **Increasing intake during physical activity or time in warm environments**
- **Including foods with high water content, such as fruit**

It's also worth remembering that thirst isn't always the earliest signal - by the time you feel thirsty, your body may already be slightly dehydrated.

Adapting to Warmer Working Conditions

Different roles present different challenges when it comes to heat, but small adjustments can make a big difference.

In desk-based environments, simple steps like improving airflow, avoiding prolonged exposure to direct sunlight, and stepping away from screens for short breaks can help regulate comfort.

For physically demanding roles, a more proactive approach is often needed. Pacing activity, incorporating regular breaks, and wearing suitable, breathable clothing can all help reduce the impact of heat across the working day.

It's also important to recognise that individuals respond differently to temperature. Being aware of your own limits - and respecting them - plays an important role in maintaining wellbeing.

Food, Energy and the Summer Shift

Warmer temperatures often change how we feel about food. Heavier meals can feel less appealing and, in some cases, can contribute to feelings of sluggishness during the day.

Lighter, balanced meals eaten more regularly can help maintain energy levels without placing additional strain on the body. Fresh foods, particularly fruit and vegetables, can provide both hydration and essential nutrients that support overall wellbeing.

A Simple Daily Reset

Rather than making major changes, a few small check-ins throughout the day can help keep things on track:

- **Are you drinking regularly, even when you're busy?**
- **Have you taken time to step away and cool down?**
- **Are you noticing any early signs of fatigue?**

These simple questions can help you stay ahead of potential issues.

Recognising When to Pause

Common indicators include:

- **Feeling dizzy or light-headed**
- **Unusual tiredness or reduced coordination**
- **Difficulty concentrating**
- **Excessive sweating or feeling faint**

Taking action early - such as resting, cooling down, and rehydrating - can prevent more serious symptoms from developing.

The Takeaway

Warmer weather doesn't have to disrupt your working day. With a little extra awareness and a few consistent habits, it's possible to stay comfortable, maintain your energy, and keep performing at your best.

By prioritising hydration, adjusting to your environment, and responding early to how your body feels, you can navigate the summer months in a way that supports both productivity and wellbeing.

ARAG

vita
health group