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Water A Great Quencher of Anxiety Attacks and How Panic Away Can Help

Your water intake is essential to keeping your body healthy and to ease anxiety symptoms.

Every organ in the body heavily depends on water to function properly and to its capacity. We are mostly water. The human body is 69% water. The brain is 85% water, bones 35% water, blood 83% water and the liver 90% water. (Resource: Watershed Wellness Center)

A mere 2% drop in body water can trigger fuzzy short-term memory, and difficulty focusing and it is estimated that 75% of Americans are dehydrated. It can be hard to drink the recommended 8 glasses of water a day, everyone is so busy today, so keep a water bottle handy wherever you go. When you experience "thirst" it's already a sign that your body is dehydrated. Caffeinated drinks and alcoholic drinks have a dehydrating effect so don't overdo it. You know the dreadful 'hangover' the next day, that's because your body is so depleted from water.

Signs of Moderate Dehydration

- Dry, sticky mouth
- Fatigue
- Thirsty
- Dark urine
- Headache
- Dizzy or lightheaded

How to Stay Hydrated

- Drink 6-8, 8-ounce glasses of pure water every day.
- Try to drink every 30 minutes, especially first thing in the morning, it will help you feel energized, even if you don't feel thirsty
- Avoid too much caffeinated drinks or alcohol.
- Water will also help keep your weight in check. Drinking 8 glasses of day will help you to feel more full.
- Herbal teas count too as long as there not diuretic.

Wreaking havoc with your emotions dehydration contributes substantially to fatigue, lethargy, headaches, nervousness and irritability. Note that dehydration can contribute to nervousness and anxiety. Keeping the body functioning at its prime and well hydrated regular water intake is crucial in subduing the anxiety or panic attacks.

Water... Simple, but yet so powerful in helping eliminate the symptoms of anxiety or panic attacks. You can stop your anxiety or panic attacks, don't let anxiety rob your hope. Learn more with [panic away](#).

You can also find this article published on [Water A Great Quencher of Anxiety Attacks and How Panic Away Can Help](#), and on the tag pages [anxiety](#), [anxiety attacks](#), [anxiety or panic attacks](#), [panic away](#), [panicaway](#).