Benefits of Drinking Water during Addiction Recovery

Drinking water is a fundamental healthy habit everyone should practice more. Proper hydration is vital for all functions of your body, giving you energy, helping with digestion, and can even make you less likely to get sick.

It’s also crucial for healing and recovery. There’s a reason that athletes focus so much of their attention on adequate hydration. It’s required to maintain their performance and for their muscles to recover from exertion.

Water is equally essential for someone healing from substance use disorder. If you’re not sold on the importance of hydration on your recovery journey, read on to discover just how helpful it can be to you during the process.

The Benefits of Drinking Water

Knowing how your body uses water and why it’s crucial during healing can motivate you to drink more of it during recovery.

As you probably learned in grade school, the human body consists primarily of water. Water helps every system in your body run efficiently by carrying nutrients and oxygen to your cells. Without it, your organs and body processes wouldn’t function correctly.

The tasks of water in the body include:

* Flushing bacteria from your bladder
* Maintaining a normal body temperature
* Aiding digestion
* Preventing constipation
* Lubricating and protecting your joints
* Normalizing blood pressure
* Protecting your organs and tissues
* Maintaining electrolyte balance

Without even realizing it, water quietly keeps everything in your body running effectively. Ensure you get enough water during recovery so your body can continue to operate healthily while also focusing on healing.

Some benefits provided by water are significant for addiction recovery, such as:

* Regulating emotions
* Maintaining normal brain function
* Boosting energy
* Reducing soreness and tension

Water can reinvigorate and support you during your recovery journey. Drinking an adequate amount can help fuel your body to keep working towards healing.

How Much Water Should You Drink?

Now that we’ve established why you should drink enough water, it’s time to determine how much “enough” actually is. You were probably taught that eight cups of water daily was the ideal number for everyone. Nowadays, you might hear that 4-6 cups of water is acceptable for generally healthy people.

The truth isn’t quite so simple. There’s no universal amount of water everyone should drink. Your actual number will be unique to you.

The amount of water you should drink daily depends on several factors, including your age, gender, and level of physical activity.

You’ll want to drink more than 4-6 cups of water if you are highly active. If you have a condition that causes water retention, you may wish to drink less. If you’re unsure how much water makes sense, consult your doctor to discuss what would be best for you.

How to Reach Your Hydration Goal

If you struggle to drink your recommended daily water goal, you’re not alone. Many people find it challenging to consume enough water, whether it slips their minds or they don’t enjoy drinking it.

Several tips and tricks can help you reach your hydration goal.

#1: Invest in a reusable bottle

The easiest way to drink more water is to have it accessible. Bringing a reusable water bottle with you everywhere you go can help.

You can choose a style you like, one that will encourage you to keep reaching for it. Many people want reusable bottles with measurements on them to show just how much water you’ve drunk in a day.

#2: Set alarms on your phone

If you’re the type to forget to drink water (even if you have your bottle nearby), try setting alarms on your phone at regular intervals to remind you. You could also try an app to notify you to drink more water.

#3: Try flavoring or infusing your water

If you just don’t like the taste of water, you have options. Sparkling water is just as hydrating as still water. You can also find many brands of flavored water on the market–just make sure not to choose one filled with added sugar and other ingredients.

You can also infuse your water with fresh or frozen fruits. Try adding a squirt of lemon or lime juice for some added taste.

#4: Use sticky notes and signs

Not everyone can rely on their phone for reminders. You can always go the old-fashioned route and hang notes around your house or workplace to remind you to drink water. Putting a note on the fridge, computer, or another place you look frequently is a great starting point.

#5: Drink water when you eat

If you have trouble drinking water throughout the day, aim to drink at least 1-2 glasses with every meal you eat. If you’re a snacker, try drinking a glass of water before you eat your snack. The glasses will add up before you know it!

#6: Grab a buddy

Nothing says drinking more water can’t be a team effort. If you have a support group, recruit peers to remind one another to drink more water or set group goals that you can discuss at meetings.

You can also ask a friend who isn’t in recovery to work on this habit together. Everyone needs water, and you might find someone who could use accountability in their hydration goals.

Get the Support You Need

Staying hydrated is an easy and affordable way to support your body as you work towards recovery. The process can be challenging, and any habit that prepares you and maintains your health will get you one step closer to healing. Water offers support to your physical, mental, and emotional health.

You don’t have to work on your goals–or your recovery–alone. Jackson House is here to help. Our addiction treatment and recovery centers are equipped to support you in your recovery from substance use disorder.

Start your journey to recovery by drinking an extra glass of water today and reaching out to Jackson House to discover whether [our programs](https://www.jacksonhouserehab.com/blog/posts/2022/september/benefits-of-drinking-water-during-addiction-recovery/) are right for you.