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Alive With Pride

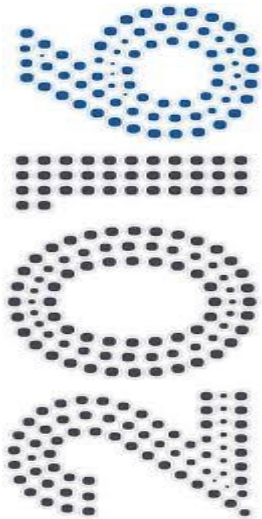
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Symptoms of Dehydration-Do you drink enough water?

Special points of interest:

- Symptoms of Dehydration- Are you drinking enough water?
- How to Stop Eating Your Emotions
- Manager's Corner



Most people do not drink enough water. Thirst and a dry mouth are signs of dehydration. If we drink water only when we're thirsty, we are perpetually dehydrated.

There are many other signs of dehydration including:

- Back pain
- Cramps
- Constipation
- Decreased urine output
- Dizziness
- Dry skin
- Dry sticky mouth
- Fatigue
- Forgetfulness
- Feeling lightheaded

- Headache
 - Heartburn
 - Irritability
 - Indigestion
 - Yellow urine
- Less common, but other possible signs of dehydration include:**

- Allergies
 - Asthma
 - Depression
 - High blood pressure
 - Migraines
- Signs of severe dehydration include:**
- Confusion
 - Extreme thirst
 - Extremely dry mouth

- Delirium
- Fever
- Little to no urine, or very dark colored urine
- Listlessness
- Low blood pressure
- Rapid breathing
- Rapid heartbeat
- Sunken eyes
- Skin so dry and shriveled that it loses elasticity
- Unconsciousness

Staying hydrated is good advice that is rarely taken seriously. Nearly all of the body's functions run on water. Water is needed as the delivery system for oxygen and nutrients. It is a crucial component of our nervous system and the medium by which the

How to Stop Eating Your Emotions

If we were all able to eat when we're hungry and stop when we're sufficiently full, we'd be the right weight for our individual bodies. Our bodies are equipped with innate sensors telling us when we need to eat and when we are satiated. So what gets in the way of eating

when we're hungry and stopping when we're full? What causes us to sabotage our natural hunger regulators? Why do so many of us fall prey to cravings, mindless eating and emotional eating? Emotional eating can rear its ugly head in many ways.

Eating just because you're bored, tired, lonely, anxious, uncomfortable, happy and so forth all count as emotional eating. Emotional eating and feeling out of control around food can be a problem at any weight; you don't have to be overweight to struggle with it.



Lee Smith 01/04

Sam Armstrong 01/10

Symptoms of Dehydration– Continued

FCWU we will always maintain high standards of safe and available drinking water for the public according to the guidelines set forth by the Arkansas Department of Health and The US EPA (United States Environmental Protection Agency).

nervous system sends its signals. Water is also needed for our bodies to efficiently remove toxins.

Tap [water](#) is full of chemicals including pharmaceuticals, fluoride, chlorine, and chemical contaminants. Tap water is not the best water to drink. Bottled water can be better, but some bottled water is literally just tap water in a bottle. There are very few regulations controlling bottled water, and it's hard to find water from a good source. Ideally, water should be from a natural source, high in minerals, very low in contaminants, and sold in a glass bottle. But the ideal is hard to find, especially at an

affordable price. When ideal water isn't available and affordable, we recommend buying distilled water. Distilled water is bereft of minerals but eating a variety of raw produce easily replaces those minerals. Spending a little more on higher quality water is an investment in your health and is certainly worthwhile. Many people drink other fluids instead of water. Although it is true that these drinks are mostly water, the caffeine, sugar, or artificial flavors and colors put a strain on your body in various ways, and this can cost your body more water than what was consumed in the

drink.

Conclusion

If you're not consuming enough water, you're increasing the strain on your body, and accelerating the aging process. It is harder than most people think to drink too much water, and drinks that contain caffeine or sugar are very poor substitutes that rob the body of water (and minerals) with high acidity. There is no other substance that is as important to our health as water.

If you have a water emergency after-hours, weekends or on holidays, please call us at 870.633.1366

How to Stop Eating Your Emotions cont.

Three Tips to Stop Eating Your Emotions

1. Stop with the all-or-nothing thinking. Emotional eating is often a result of not feeling good enough or determining that we've already "messed up" for the day, so we might as well really mess up by eating this entire gallon of ice

cream! Avoid this destructive thought process. **2. Eat mindfully.** Have a glass of water. Sometimes we feel hunger when it's actually thirst. Let eating be its own activity. Don't eat while driving, working at the computer, watching TV and so forth. **3. Reach out.** Don't be afraid to ask for

help if you feel your emotional eating has gotten out of control. Reach out to trusted loved ones with defined ways they might be able to support you in your efforts.

Be compassionate and kind to yourself, and remember to pause before eating, listen to your body and honor what it's telling you to do.

Arkansas One Call



Know what's below. Call before you dig.



ADEQ

ARKANSAS
Department of Environmental Quality

Manager's Corner

Each year has its unique challenges. This year certainly is no exception. We have a full plate of planned activities.

Some of the new activities include: the launching of a new Employee Training Program, new I/I Pro-

gram, new Camera Crew, Full-Time Line Replacement with Routine Maintenance. The supervisors and I have discussed the fact that there will not be a dull moment for the year 2016.



W.H. Calvin Murdock,
Manager

****Office will be closed, Monday, January 18, 2016 to observe Martin Luther King Jr. Holiday. ****