Day 8: Go Pee -- Join the Self-Care Revolution!

Ever heard yourself or someone else say: “I haven’t had a chance to pee all day!”? Are YOU holding it in right now?

For those of us scheduling back to back meetings or appointments with no spaciousness for thinking, much less other critical bodily functions, not having to pee can seem like a great convenience. Of course, what it tells us is that you are not hydrating sufficiently and your body is not getting what it needs to function at its peak performance.

Your mind and body are intimately connected. Think of it this way: If your bladder isn’t charging on all cylinders, neither is your mind.

Today’s Challenge

Note how many times you go to the bathroom. If you’re not going at least once in a 3-4 hour block, drink more water! Psst. If you are proudly peeing due to the amount of caffeine you are drinking, this is your friendly reminder that coffee, doesn’t count as water. Try to replace at least one of those split-shot americanos or double soy lattes with a nice, refreshing cup of H2O.

Deepen Your Practice

Check out the color of your pee before you flush: the lighter, the better! Yeah. We went there.