



## Water, Water Everywhere...Make Sure You Get Your Drop to Drink! By Mark Roozen, Director of Coach Rozy Performance Training

Athletes, casual exercisers and even sedentary individuals depend on water for daily living and high levels of performance.

Our energy, training and performance levels are greatly affected by the amount of water we drink, or can retain in our system.



- More than 80 percent of our population suffers energy loss due to minor dehydration.
- Just a 5 percent drop in body fluids will cause a 25 to 30 percent loss of energy in the average person.
- A 15 percent drop in body fluids can cause death.

A simple way to remember and calculate how much water to drink is to take your body weight, half that, and that is the number of ounces of water you should drink a day. A 200-pound person should drink 100 ounces of water. That is without activity.

How can a person drink that much water? If you break it down over the day, it's not that bad. Think about a 16-ounce bottle of water. To get 100 ounces, you would drink a little over six bottles of water a day. If we got two in the morning, two in the afternoon and two in the evening, we would be good to go. Some of my clients drink two to three bottles during a training session.

Avoid sodas, energy drinks and coffee which can lead to dehydration!

Another way to tell if you're getting enough water is the color of your urine. Urine should be clear. The darker your urine gets, the more water you need to add into your day.

Lastly, if you start feeling thirsty, you're already dehydrated and performance levels may start to decrease. SO DRINK UP, before, during and after activity!



## 5 Ways to Turn Procrastination into Punctuality

“When we think of procrastination, we think of laziness,” said Michael Falconer, MSW-CSW, Clinical Social Worker at Avera Medical Group Brookings. “However, it may be a symptom of something more.”

Falconer lists reasons why procrastination may exist:

- The child has too many commitments
- Projects have lenient deadlines or expectations
- Perfectionism freezes a child from moving forward
- Poor study routines
- Distractions caused by TVs, tablets and phones

Help stop procrastination with these five tools:

- **Check in with the teacher.** To avoid any confusion, kids should meet privately with their teacher to make sure they have a hard deadline and all of the project’s expectations.
- **Break it up.** Getting a large history project can be daunting. Have your child analyze the project and find ways to break it down into manageable pieces that can be tackled within 30 minutes each day.
- **Take a break.** “It’s beneficial and necessary to recharge during study periods.” Falconer advises taking a 10-minute break for every 30 minutes of homework.
- **Get others involved.** A study group can make studying less boring. Form a study group that meets regularly in one location or at different houses throughout the week.
- **Create a study area.** Designate a spot at home for studying that allows for limited distractions (a no-screen zone). Make sure this area is quiet, well-lit and fully stocked with school essentials.

“Parents should be supportive and encouraging. Sometimes we get caught up in the ‘get-it-done’ mentality. Creating a safe environment where kids can openly express themselves can go a long way in supporting their self-esteem and motivation.”

## Dealing with Depression

Depression is an ongoing, chronic illness that can significantly impact a person’s health and everyday life in a negative way.

Symptoms may include feelings of sadness, worthlessness or hopelessness, sleeping more or less, weight loss or weight gain, headaches, substance abuse, and lack of interest in things once enjoyed.

To be classified as depression, a combination of symptoms must be present for at least two weeks.

Another major concern of severe depression is when one may have thoughts of self-harm or suicide.

If you’re concerned for a person’s safety or overall well-being, Chris Pudwill, LCSW, MSW, Avera Behavioral Health Social Worker advises a direct approach. “Ask them, ‘Are you thinking about committing suicide?’ The

answer may surprise you. Some people will be very honest and answer ‘yes.’”



If you suspect a loved one may be depressed or have thoughts about suicide, don’t

overreact. Listen with a nonjudgmental attitude so that he or she can express themselves openly and honestly. Do not minimize statements about self-harm or suicide.

Also, connect him or her to a mental health professional as soon as possible.

Depression is commonly treated through cognitive-behavioral therapy. In this safe setting, the therapist and patient identify negative thoughts and behavioral patterns, and work toward a more balanced lifestyle.

“Some individuals may use antidepressants to compliment talk therapy services,” said Hiedi Roberts, CSW-PIP, Avera Behavioral Health Outpatient Manager. “We also identify a support system outside the office and positive coping strategies.”

Avera therapists and professionals are ready to help. Visit [Avera.org/behavioral-health-center](http://Avera.org/behavioral-health-center) to find a provider near you.