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**MAY 2026**

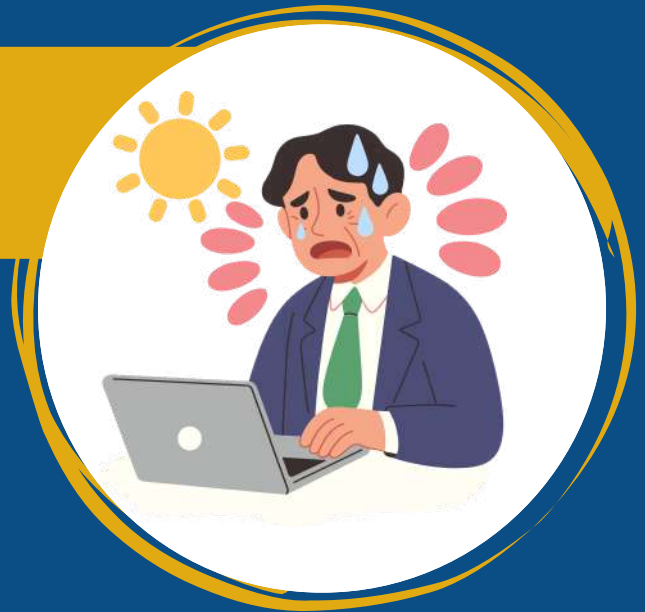


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## Rising Temperatures, Declining Energy: A Closer Look at Summer Stress

While India continues to dominate global heat rankings, the true impact of the season isn't just recorded in degrees Celsius, it is felt in declining energy, inconsistent focus, and restless sleep.

These are frequently mislabelled as "routine stress" or "workload pressure". In reality, sustained heat exposure places a continuous physiological demand on the body, influencing hydration, recovery, and overall performance more than most people recognise.



## What Summer Really Does to Your Body

### Cardiac Effort

To cool you down, blood flow to the skin increases.



**Result:** Higher heart rate, quicker fatigue, occasional dizziness.

### Mineral Depletion

Sweating also depletes key electrolytes like sodium and potassium.



**Result:** weakness, headaches, muscle cramps, even with regular water intake.

### Sleep quality drops

Warmer nights can disrupt your natural sleep cycle.



**Result:** you wake up less rested, more irritable, affecting recovery and next-day performance.

### Mental fatigue

Even mild dehydration affects how efficiently your brain functions.



**Result:** slower decisions, reduced focus, and that familiar "foggy" feeling during the day.



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## Common Signs You Might Be Ignoring



**Feeling unusually tired by afternoon**



**Frequent headaches**



**Increased irritability or reduced tolerance**



**Craving sugary or salty foods**



**Difficulty maintaining focus during work**

When these signals surface, the solution is rarely more caffeine or longer sleep hours, it is a strategic recalibration of your hydration and rest.

## Smart Hydration Strategy

Increased water intake alone may not be sufficient during summer months.



Replenish electrolytes naturally with coconut water, buttermilk, salted lemon water



Moderate caffeine intake to avoid additional dehydration



Maintain consistent hydration rather than reacting to thirst

## Beat the “Summer Slump” at Work

Small resets through the day can make a noticeable difference:



Take a short 2–3 minute cooling break every few hours



Move around instead of sitting for long stretches



Choose lighter, more frequent meals over heavy lunches

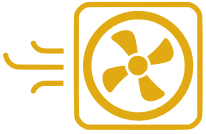


Step out for some fresh air or natural light when possible



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## Protecting Sleep Quality & Optimising Rest



**Keep your room cool and well-ventilated**



**Avoid heavy meals late at night**



**Stay adequately hydrated through the evening without excess intake late at night**



**Limit screen time before bed**

## Pause and Check



**Am I drinking water and replenishing salts?**



**Am I feeling more tired than usual lately?**



**Is my sleep as restful as it should be?**

If the answer is yes, it may not just be work or routine. Sometimes, it's simply the seasonal stress catching up with your body.

## Adapting Daily Habits for Summer Resilience

What we often dismiss as mild discomfort or routine fatigue may actually be early signals, your body's way of asking for care and balance. Resilience in this heat stress lies in small, consistent choices. By being mindful of how you hydrate, rest, and pace your energy, you can make a meaningful difference in your daily well-being.



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