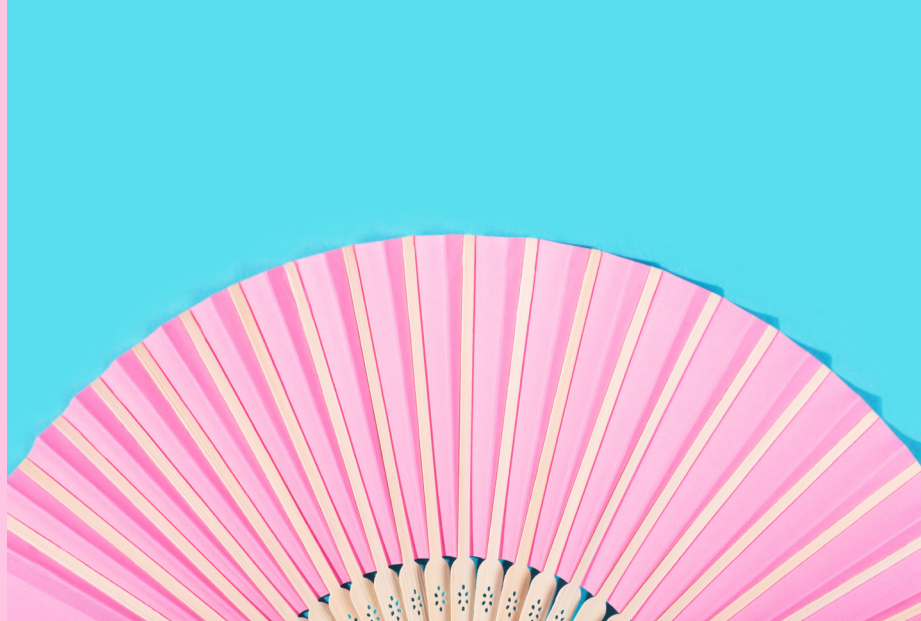


how to KEEP YOUR COOL in a heatwave



STAY HYDRATED

Seems obvious, right? But drinking water is the key to keeping heat-related mood swings in check. Dehydration can cause many emotional issues. A recent study found that young men who lost 1 percent of body mass to sweat experienced a decline in cognitive ability and an increase in anxiety.

And hydrating is more than adding a glass of water. Avoid caffeine and alcohol, which can cause dehydration. If you get tired of water, you can include juices and sports drinks. Or, try adding fruit or cucumbers to your water for a refreshing change.



CHECK YOUR MEDICATION

Some medications for mental health concerns have side effects that exacerbate a heatwave's effects, such as dehydration, sensitivity to sunlight, or decreased ability to regulate temperature. Make sure you know how your meds are affecting you so you can take steps to mitigate the side effects.



AVOID SUNLIGHT

Stay inside if you can. If you can't, find shade. If you do stay inside, close your blinds. Also, minimize use of "extra heat" such as lights, computers, ovens, etc. And, while you're inside, remember that heat rises, so try to spend most of your time in lower levels.