

Hydration is one of the **simplest yet most overlooked** factors for **mood stability, cognitive function, and peak performance**. Small improvements in hydration habits can lead to **big gains in energy, mental clarity, and endurance**.

Stay ahead. Stay hydrated. Perform at your best.

@SportsPsychMike





Why Sodium in Water?

- ◆ Replenishes Electrolytes – After sleep, your body is slightly dehydrated, and sodium helps retain and utilize water effectively.
- ◆ Supports Nerve Function – Sodium is essential for electrical signaling in the brain, improving focus and alertness.
- ◆ Regulates Blood Pressure – Proper hydration with electrolytes prevents dizziness and sluggishness.
- ◆ Boosts Hydration Efficiency – Sodium helps water absorb more effectively, reducing the risk of dehydration.



Hydration, Performance & Mood

Even **2% dehydration** can impair cognitive function, reaction time, and endurance. By starting your day with **hydration + sodium**, you set yourself up for better mental clarity, mood regulation, and energy throughout the day.

First thing in the morning, drink your water, then get your Face to the sun!!

How to Stick to a New Hydration Protocol 💧



Making hydration a habit is key to **better mood, energy, and performance**. Here's how to stay consistent:

1. Start Your Day with Water + Electrolytes

Before coffee, drink **16-24 oz** of water with a pinch of **sea salt or electrolytes** to replenish overnight losses.

Add **lemon** for taste and **extra minerals**.





2. Set a Daily Water Goal & Track it!

Baseline: Aim for $\frac{1}{2}$ your body weight in ounces (e.g., 150 lbs = 75 oz).

Use a hydration tracker, journal (like the **SportsPsychMike 40-Day Challenge & Journal**), or an app to stay consistent.



3. Get Yourself a Water Bottle

Get a measured bottle so you track your intake without guessing.

The SportsPsychMike 40-Day Challenge integrates hydration as a key pillar in its daily protocol and challenges.

Each day, you'll learn how to integrate **science-backed activities** designed to optimize:

- ✓ **Sleep Optimization** – Recovery & performance enhancement
- ✓ **Breathwork Mastery** – Stress regulation, mental clarity, & sleep enhancement
- ✓ **Nutrition & Hydration** – Fueling mood, cognition, and endurance
- ✓ **Mental Skills** – Confidence, TAP, emotional regulation, goal setting, imagery, attention & more...
- ✓ **Physical** – Strength, mobility, and longevity

SPORTS PSYCH MIKE
Let's get Mental

40 DAY CHALLENGE
for
**Improving Lethality,
Longevity, & Happiness**
IN
SPORT, BUSINESS, & LIFE.

Transformation – regain YOU. Regain the confidence, and energy you used to have. **BE HAPPY AGAIN!**

Result – learn to better regulate your responses to life events.

Small daily improvements or adjustments to your regular routine, aka protocols can provide HUGE benefits, such as:

Vagus Nerve Activation = the Relaxation Response.
Improve your connection with YOU
Improve connection with your child/children
Improve connection with your partner
Improve connection with God and/or the Universe (YOU)
Increase energy, focus, mood, resilience, metabolism, physical recovery, and a stronger mind-body connection.

Reduce stress & anxiety, improve sleep quality, Enhance overall well-being

Regulate circadian rhythms, Boost vitamin D levels, Improve mood

Increase alertness, Improve circulation, Reduce muscle soreness

Can lead to weight loss, Improve metabolic health, Reduced inflammation

beautiful, strong children Alexis, Lyla, & Brodie.

You are Cool
You are Kind
You are Amazing
You are Smart
You are Brave
You are Strong
And most of all...
You are LOVED!

1. **Self** – Put your oxygen mask on next! Take care of YOU! Prompts for self-awareness, reflection and growth.

2. **Dad Discussion** – Yes this is for both parents but as I am a Dad it is labeled Dad Discussion. Questions to get past the "fine" and "good" of teenage discussions.

3. **Mindful** – Model Mindful Minutes with your kids/family. Sit, close your eyes, do 10 slow diaphragmatic breaths (6 in/6 out), take an awareness body scan then reflect on the type of Dad/Mom/Child you want to be.

4. **Spiritual** – Do you believe in spirit guides? Arch angels? If so, what does that mean to you. If no, why?

5. **Connection** – "When did you last sing out loud by yourself? With/to someone else?"

6. **RAK: Random Act of Kindness** – Send a positive text message to five different people right now.

7. **Gratitude** – Practice gratitude meditation. Find a

THOUGHTS
INTERPRETATION / PERCEPTION
MINDSET
EMOTIONAL (reaction) • PHYSIOLOGICAL (reaction)

Performance = Lethality

(adapted from AIC model: Lao Tzu ancient Chinese Philosopher (c. 604 BCE))

LIFE or "Events" happen. Our thoughts ie. perception of these events dictates whether they become "stressful" to us. How you choose to think about or perceive each event is up to you.

1. **Thoughts Affect Performance (TAP)** - Understand there is a direct link between your thoughts, emotions, and physical state which affect your performance (Lethality).
2. You can discipline the mind to be confident and trusting under duress.
3. Dwelling on the past can lead to depression, worrying about the future leads to anxiety.

4. Make Hydration a Family Affair

The **40-Day Challenge** isn't just about personal growth—it's about **leading by example** and **including everyone** while modeling **effective behaviors, discipline, and resilience**.

These **daily, science-backed habits** create lasting change, helping you achieve **enhanced health, happiness, deeper family connection, and peak performance**.

Are you ready to level up? Join the challenge and commit to **40 days of transformation**.

