Damy

TIPS



Do you forget to drink water?

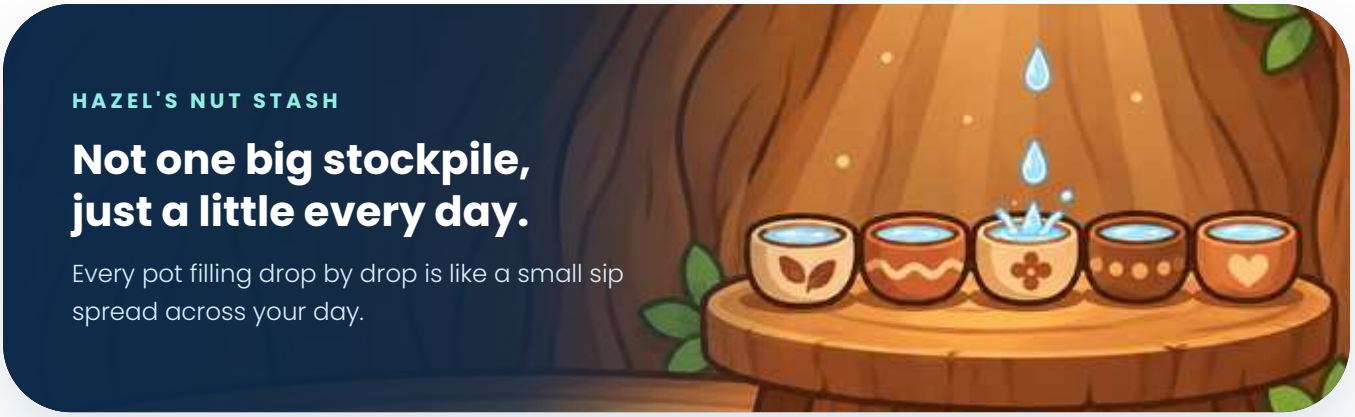
The secret of interval drinking

Hazel never gathers all her nuts at once; she stashes them little by little, all day long. Drinking water works exactly the same way.

Told by Hazel
Sep 11, 2026 · 2 min read

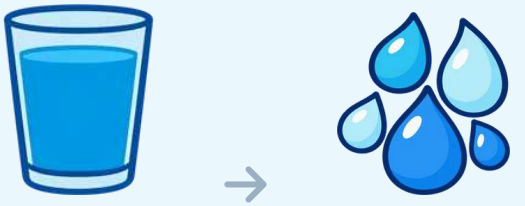
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Most of us drink water when we “remember” – and we usually remember **too late**. Yet your body makes far better use of small, frequent amounts than of one big glass in one go. That's exactly where squirrel logic comes in.



1 Why 1 litre in one go doesn't work

When you drink a large amount at once, most of it arrives faster than your body needs it, so it's flushed out quickly. Small, frequent sips mix into your blood more evenly and stop thirst before it even starts.



1 big glass
flushed out fast

small sips
absorbed evenly

Squirrel logic: little and often

Hazel hides every nut the moment she finds it; she doesn't try to build one huge store. Steady little savings are more reliable than one big effort. The same goes for water.

★ FROM HAZEL

Instead of one big goal, build a small, frequent rhythm.

1 sip every hour

Set this reminder on your phone
right now →



2 Water in sight is water you drink

Keeping your glass in plain view is forgetfulness's worst enemy. Putting water within reach wherever you are works far better than waiting to remember.



At your desk



In your bag



In your car



At home

> Waiting to remember isn't a strategy. Being in sight is the most reliable reminder.



8–10

small sip breaks, all day long

Spreading the same amount over the day, rather than 2–3 big glasses, hydrates you more evenly.



3 So how do you start? 3 simple steps



Always keep a small water bottle with you.



Take a sip whenever you check your phone or stand up.



Treat reminders as small nudges, not a big goal.



Drinking water isn't about great willpower; it's about a small, frequent habit.

In Damy, small and frequent entries add up on their own by the end of the day – just like Hazel's stash.

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