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Thread: [Do you have an emotional support water bottle?](#)

Fish - October 4, 2025, 5:34 am

I've noticed almost everyone I know carries a water bottle everywhere. Not just to stay hydrated, but almost like it's part of their daily outfit - phone, keys, wallet... water bottle.

Most people pick one brand and stick with it like it's a trusted friend. It sits on desks, goes on walks, shows up in every meeting.

It's funny how something so simple turns into a small source of comfort and routine.

Do you have one? If you do, any specific brand that you're loyal to?

plops - October 4, 2025, 5:36 am

Ha I have been reusing the same cheap, half gallon water bottle that you buy at checkout for a couple weeks now.

Never realized I was secretly attached. Gonna throw it away and buy a new one for 1.50

Lowkey - October 4, 2025, 5:46 am

No, I don't have an imbalance of chemicals in my brain - therefore I do not need to carry around plastic with likely metal ridden and micro-plastic filled water in it. Some of those bottles have even been busted for having lead in them which makes individuals irate.

Truly sad times.

JoshAllen - October 4, 2025, 5:47 am

I wouldn't consider it an emotional support bottle, but yeah.

I have a weird collection of Owala and such.

Lately I have been using Yeti a lot.

sharn - October 4, 2025, 7:00 am

No, I have not made it part of my daily routine.

I drink when I get the chance, that is all.

Laughing Man - October 4, 2025, 7:09 am

No but I have an emotional support cell phone.