



DRINK SENSIBLY

Caffeine and Anxiety

While many of us enjoy a nice cup of coffee or tea, caffeine is a stimulant. Too much of it can lead to jittery effects, similar to those of anxiety. During a time like this when your anxiety is likely already higher than usual, adding caffeine can make it worse.

Pay attention to how much caffeine you are taking in and take steps to reduce it, if possible. For example:

- Reduce the amount of coffee or tea you drink by one cup each day until you get to an amount you are comfortable with
- Replace one cup of coffee or tea each day with an equivalent amount of water to help with hydration
- Switch to decaf coffee or select tea varieties that are caffeine free (e.g., herbal teas)
- Switch to caffeine-free sodas or replace them with fruit-infused or sparkling water

Manage Alcohol Intake

We often drink alcohol to change our mood, and the occasional drink is perfectly healthy and enjoyable for most people. But drinking is not a good way to manage difficult feelings. Apart from the damage too much alcohol can do to your body, you would need more and more alcohol each time to feel the same short-term mood boost.

Drinking too much alcohol can disrupt your mental and physical health in a number of ways, some of which include:

- Poor quality of sleep
- Altered mood
- Slowed reflexes
- Digestive issues

Here are a few helpful tips for staying within the recommended weekly alcohol limits:

- Know your limits
- Have at least 2-3 alcohol-free days every week
- Alternate alcoholic drinks with water
- Sip your drink slowly (savor it)

If you feel you may need help, contact your local Occupational Health Nurse or Human Resource Business Partner for information about help and resources that are available to you.

Benefits of drinking water

Keeping hydrated is crucial for health and well-being, but many people do not consume enough fluids each day.

Some of the water required by the body is obtained through foods with a high water content, such as soups, tomatoes, oranges, but most come through drinking water and other beverages.

During everyday functioning, water is lost by the body, and this needs to be replaced. We notice that we lose water through activities such as sweating and urination, but water is lost even when breathing. Drinking water, whether from the tap or a bottle, is the best source of fluid for the body.

The amount of water needed each day varies from person to person, depending on how active they are, how much they sweat, and so on. There is no fixed amount of water that must be consumed daily, but there is general agreement on what a healthy fluid intake is.

According to the U.S. National Academies of Sciences, Engineering, and Medicine, the average recommended daily intake of water from both food and drink is: around 15.5 cups for men and just over 11 cups for women. Around 80 percent of this should come from drinks, including water, and the rest will be from food.