

Cigarettes, Caffeine and Sugar

They Increase Your Stress



The combination of caffeine, cigarettes and sugar can increase both physical and emotional stress.

Cigarettes, caffeine and sugar all increase your stress levels. Yet these substances are so much a part of our lives, we are often unaware of their effects. When you learn how each of these substances can affect stress, you may find that it's time to take a healthy step and kick the habit.

Cigarettes Stimulate You

When you smoke, you feel stimulated as your heart rate, blood pressure and hormone levels increase. Your body needs more of certain vitamins and minerals to cope with this stimulation, which is a form of stress. Cigarettes are expensive, highly addictive, and cause major and minor illnesses. The costs of cigarettes (plus extra medical, dental and cleaning costs) can add to your problems. Quitting is difficult for most people. All these factors add up to physical and emotional stress.

Caffeine Speeds You Up

Caffeine is also a physical stressor. It speeds you up for as long as 20 hours. Its effects are different in different people. For example, for some people it causes headaches and for others it relieves them. Caffeine can cause symptoms such as sleeplessness, upset stomach, increased blood pressure, and in women, breast lumps. Many people become dependent on caffeine in coffee, chocolate, soft drinks and medicines such as pain killers. Withdrawal can include severe headaches, nervousness, moodiness, and rapid heartbeat.

Sugar Gets You Nowhere

For most people, any kind of sugar (white, brown, honey or fructose) gives a quick boost of energy, then leaves you energy depleted which can lead to feeling depressed. Many sugary

foods contain little nutritional value, yet eating them leaves you less hungry for nutritious food; then your body lacks important vitamins and minerals. Sugary foods such as desserts, candy, and soda can contribute to weight control problems. When you gain weight and hadn't wanted to, you can become depressed, anxious, and unhappy, adding to your stress level.

Take a Healthy Step

Cigarettes, caffeine and sugar increase your physical and emotional stress levels. The combination of any two or all three of these substances can make you feel unstable. If you decide to take the healthy step of quitting smoking or reducing your intake of caffeine and sugar, you'll likely discover that you can manage stress more effectively and feel better all around.



Find support for quitting through a group or program.