



## Mental Health: Caffeine, Alcohol and Mental Health

Caffeine and alcohol have a stronger impact on mental health than many people recognize. Caffeine stimulates the nervous system and increases cortisol and adrenaline, which can heighten alertness but also amplify anxiety, irritability, and sleep disruption when consumed excessively. Alcohol may feel calming in the short term, yet it interferes with restorative sleep cycles and alters neurotransmitters that regulate mood. Both substances directly affect stress hormones and the body's internal balance.

When used frequently or in excess, caffeine and alcohol can quietly worsen anxiety, low mood, metabolic instability, and fatigue. Poor sleep, increased inflammation, and fluctuating blood sugar often follow. Awareness is the first step toward balance. Adjusting timing, quantity, and frequency can significantly improve mental clarity, emotional stability, and overall metabolic health.

### 01 Is This Your Story?

A patient experiences anxiety and poor sleep while consuming multiple coffees and nightly alcohol. They feel exhausted and unfocused. When caffeine is reduced and alcohol limited, sleep improves and mood stabilizes. Over time, blood pressure and glucose also improve.

### 02 Try This Today

**Measure:** Track caffeine and alcohol for one week.

**Do:** Reduce one serving of either today.

**Reflect:** Ask whether these substances support or sabotage your mental health.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

