

Caffeine

Caffeine is a stimulant; it can increase the heart rate and brain activity. Excessive amounts can create a 'high' feeling; however when caffeine leaves the body a 'low' feeling can quickly follow. Excessive amounts can cause physical symptoms similar to anxiety (see diagram below; note that some symptoms only occur when we have had excessive amounts of caffeine). These physical symptoms can lead to us believing we are feeling anxious when in fact they are caused by caffeine. Drinking caffeine can also affect sleep.

Drinking too much caffeine

Roughly more than 600mg of caffeine a day may cause problems, however people suffering from anxiety may react to smaller amounts, so it's worthwhile checking your caffeine intake.

| Caffeine source | Caffeine content | Amount per day e.g. 2 coffees | Total per day e.g. 220mg |
|-----------------|-------------------|----------------------------------|-----------------------------|
| Fresh Coffee | 140-210mg per mug | | |
| Instant Coffee | 85-110mg per mug | | |
| Decaff Coffee | 6mg per mug | | |
| Tea | 85-110mg per mug | | |
| Coke | 36mg per can | | |
| Milk Chocolate | 22mg per 100g | | |
| Plain Chocolate | 72mg per 100g | | |
| Panadol Extra | 65mg | | |
| Pro-Plus | 50mg | | |
| Red Bull | 80mg | | |
| | | TOTAL | |