

Caffeine

Caffeine is a natural chemical with stimulant effects that is found in coffee, tea, cola, cocoa, guarana, yerba mate, and over 60 other products. Caffeine works by stimulating the central nervous system, heart, muscles, and the centers that control blood pressure. Caffeine can raise blood pressure, but might not have this effect in people who use it all the time.

Most people consume caffeine from drinks. The amount of caffeine in different drinks can vary a lot, but it is generally:

- An 8-ounce cup of coffee: 95-200 mg
- A 12-ounce can of cola: 35-45 mg
- An 8-ounce energy drink: 70-100 mg
- An 8-ounce cup of tea: 14-60 mg

Caffeine has many effects on your body's metabolism. It:

- Increases the release of acid in your stomach, sometimes leading to an upset stomach or heartburn
- May interfere with the absorption of calcium in the body
- Increases your blood pressure
- Within one hour of eating or drinking caffeine, it reaches its peak level in your blood. You may continue to feel the effects of caffeine for four to six hours.



What are the side effects from too much caffeine?

For most people, it is not harmful to consume up to 400mg of caffeine a day. If you do eat or drink too much caffeine, it can cause health problems, such as:

- Restlessness and shakiness
- Insomnia
- Headaches
- Anxiety
- Dependency, so you need to take more of it to get the same results
- Some people are more sensitive to the effects of caffeine than others.

Withdrawals of Caffeine

Cutting your caffeine intake rapidly can affect your body in several ways.

- **Headache.** This is often the first symptom people notice when reducing their caffeine consumption. Caffeine causes blood vessels in the brain to constrict, slowing blood flow. Experts believe that if you stop consuming it, your blood vessels expand, blood flow accelerates, and the added pressure gives you a caffeine withdrawal headache.
- **Anxiety.** People who abruptly stop consuming caffeine may experience anxiety. It's thought there are physiological and psychological reasons for this reaction. Anxiety can be particularly intense if your caffeine is accompanied by sugar (as an addition to coffee, in soda, etc.).
- **Sleepiness.** Caffeine provides an energy boost by blocking receptors for a neurotransmitter called adenosine, which makes you drowsy. If you stop consuming caffeine, those receptors are no longer blocked, and you feel the effects of adenosine.
- **Irritability.** Caffeine has a positive impact on energy levels and mood. You may feel grumpy if you cut back or even delay your first cup of the day.
- **Nausea.** Some people experience an upset stomach when they reduce their caffeine consumption.
- **Tremors.** Consuming caffeine can cause tremors in people who aren't used to it or get more than usual. But it can have the same effect in people who enjoy coffee, soda, or energy drinks regularly and then curtail or stop their consumption.
- **Trouble concentrating.** Caffeine increases excitatory brain chemicals like adrenaline (epinephrine), norepinephrine, and dopamine. Cutting back can make it difficult to focus.
- **Depressed mood.** Caffeine decreases drowsiness and increases alertness and feelings of well-being. Abstaining has the opposite effect, which can leave you sad or depressed.
- **Low energy.** If you rely on caffeine to boost your energy, the lack of it in your system can cause you to feel lethargic.

How to get Energy without Caffeine:

- **Avoid Electronics Before Bed:** Research has shown that using electronics before bedtime disrupts your sleep. As a result, you might feel more tired and less cognitively sharp.
- **Chew Gum**
- **Drink Water**
- **Establish a Routine:**
 - Go outside for natural sunlight for about 30 minutes per day.
 - Limit your caffeine and nicotine intake, especially within six to eight hours of your bedtime.
 - Make time for physical activity each day. Just remember not to exercise too close to your bedtime.

Peer Pressure

Peer pressure is the process by which members of the same social group influence other members to do things that they may be resistant to, or might not otherwise choose to do. Peers are people who are part of the same social group, so the term "peer pressure" refers to the influence that peers can have on each other.

Types of Peer Pressure:

- Spoken vs. Unspoken Peer Pressure
 - As the name suggests, spoken peer pressure is when someone verbally influences another person to do something. For instance, a teenager might influence their friend to smoke a cigarette by saying, "Come on, one cigarette won't hurt."
 - Unspoken peer pressure, on the other hand, is when no one verbally tries to influence you. However, there is still a standard set by the group to behave in a certain way.
- Direct vs. Indirect Peer Pressure
 - Direct peer pressure is when a person uses verbal or nonverbal cues to persuade someone to do something. The example mentioned above of a teen handing another teen a cigarette is also an instance of direct peer pressure because the teen on the receiving end must decide on the spot how they're going to respond.
 - With indirect peer pressure, no one is singling you out, but the environment you're in may influence you to do something. If you're at a party where everyone is drinking, for instance, you might feel pressured to drink even if no one asks you to
- Positive vs. Negative Peer Pressure
 - Positive peer pressure is when a person is influenced by others to engage in a beneficial or productive behavior.
 - Negative peer pressure is the influence a person faces to do something they wouldn't normally do or don't want to do as a way of fitting in with a social group.



Ways to Resist Peer Pressure

- Set Boundaries: Saying "no" can be hard, but it's necessary to set healthy boundaries in relationships. If someone persistently pressures you to do something, you can try telling them how it affects you.
- Offer an Alternative: It's possible that a friend who is peer pressuring you simply wants to spend more time with you or connect with you, but they don't know how else to ask.

How to Start your New Year Off

With the start of a New Year, several people take this as an opportunity to recharge and reset themselves as well as their environment.

Here are some ways to Start the New Year:

- Expand your thinking with new experiences: Each month for 30 days in a row, commit to doing something new that you have thought about doing, but have not done.
- Make a commitment to fitness: Don't just make a resolution and join a fitness center you won't see after February—make a commitment and build fitness into your schedule. Join a class at your fitness club, an exercise group or a team sport.
- Make a commitment to volunteer in your community
- Schedule family time: Set up a schedule that is devoted only to my family. Maybe it's playing a game with the kids twice a week or going to get ice cream. It's hard to make time to do those family things, but I want to make sure I'm working to live instead of living to work.
- Create an environment fostering your success: Start a journal to keep track of these influences so you can eliminate the negative and increase the positive. Nurture your emotional well-being by choosing friends who genuinely want you to succeed and who encourage you. Also, consider your environment—is your home or office dreary or energizing? And make sure to read and listen to inspirational and motivational material. Make it a point to go to funny movies or watch a TV sitcom that makes you laugh.
- Write your top 10 goals for this year and post them where you can see them.
- Be a student of all you do: Read! Ask questions of mentors and peers. Attend training. Start today by identifying areas for improvement, looking for training opportunities in your field and signing up for seminars and webcasts.
- Plan a trip to a place you have always wanted to go.
- Clean out your closet and donate unwanted clothes to charity.
- Schedule a regular date night on your calendar with your spouse.
- Schedule all doctor and dentist appointments for the year.
- Say “yes” when you want to say “no.”: In this new year, we want to increase our possibilities, options and opportunities. When we say “no” to a business, social or community project, invitation or event, we are also saying “no” to the serendipitous benefits that arise. Rather than waiting for these events to present themselves, start today by actively seeking opportunities to meet people, gather new ideas, learn more about your industry, and just connect and share.



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AULD LANG SYNE	COUNTDOWN	HAPPY	MUSIC	TOAST
BABY	DANCING	HAT	NEW YEAR	TRADITION
BALL	DECEMBER	HOUSE	NOISE MAKER	TWELVE
BALLOONS	EVE	HOURLASS	PARTY	TUXEDO
BELLS	FATHERTIME	INVITATION	RED	VOW
CALENDAR	FIFTEEN	JANUARY	RESOLUTION	YEAR
CELEBRATION	FIRECRACKER	KISS	SPARKLER	
CHAMPAGNE	FIRST	LANTERNS	SPRING	
CLOCK	FLUTE	LUNAR	SPRINGTIME	
COIN	GAMES	MIDNIGHT	STREAMER	
CONFETTI	GOWN	MONEY	TIMESSQUARE	

McFarland is a small community south of Madison in Dane County. In January of 2017, a group of concerned citizens came together to discuss substance abuse problems in the McFarland area. The McFarland RADAR is a result of these meetings

We are comprised of local representatives from schools, businesses, churches, village administration as well as parents, and youth—all working together to promote healthy lifestyles

For more information go to: <https://www.radarmc.com/>



For time, day and place of meetings, please contact Cathy Kalina at CathyK@fsmad.org

The McFarland RADAR (RADAR stands for Relevant Alcohol & Drug Awareness Resources) Coalition works to develop, implement and support environmental strategies to reduce substance abuse.

We believe by working together, we can nurture social and environmental changes to make the McFarland area a safer and healthier place, brightening the future of our children, youth and families.

McFarland RADAR Mission Statement

“The mission of McFarland’s RADAR Coalition is to promote healthy lifestyles in the McFarland area through alcohol and drug abuse prevention and education efforts.”

HOW CAN YOU HELP?

We are asking you to give the gift of time. Make a difference in the lives of our youth and our community by

1. Working with us in providing support for planning, project management and awareness campaigns
2. Helping with coalition events, conferences, workshops, and fairs held throughout the year.
3. Being a voice for change in our community, it is time to come together and be that force for change in the McFarland area.