Drinking Coffee Actually Calms You Down And Helps You Deal With Stress Better

Good news for habitual coffee drinkers

Many people associate coffee with stressful situations - with screen heroes chugging cups of it to illustrate that they’re under pressure.

But drinking coffee could actually help with stress, new research has suggested.
Rodrigo Cunha from Portugal’s University of Coimbra said that his team fed mice water laced with caffeine - and found that it calmed them in stressful situations.

‘If the animal is not stressed there isn't a very evident change in physiological parameters or behaviour,’ he said.

‘However, if you introduce changes to the lifestyle of the animals, what we see is they cope much better.’

‘What caffeine is doing is not making the system work better; what caffeine is doing is avoiding the system going into the wrong way of working.’

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