

Use This Coffee-Drinking Tip to Manage Stress Levels and Beat the Jitters



It's no surprise that coffee can make you jittery to the point of adding to stress levels. If you've been having a hard time [giving up your daily cup of joe](#), we've got a pro tip from naturopathic Dr. Gabrielle Francis, author of [The Rockstar Remedy](#).

One of the reasons caffeine and coffee add to stress? It's a diuretic. "Dehydration can heighten anxiety by causing mood swings, fatigue, tension, and difficulty concentrating," said Dr. Francis. So here's her tip: replenish lost fluids by increasing your water intake. For every cup of caffeine you drink, have two cups of water. Pretty simple, right? Just another reason to keep yourself extra hydrated.