**HIGH COST OF ACHIEVEMENT**
**USING STIMULANTS TO STUDY DOESN’T PAY OFF**

**DRUG TYPE: Stimulants**

**RISK FACTORS:** The addictive nature of stimulants can create dependency in unprescribed users. Dependency often destroys relationships, creates health issues, and leads to major financial problems.

**SHORT TERM EFFECTS**

Stimulants consist of drugs like Adderall, Ritalin, cocaine, and methamphetamines, and also include non-recreational drugs like caffeine and nicotine. Stimulants temporarily increase mental and physical capacities, leading to agitation, focus, and anxiousness, and end in a “crash”.

- **Restlessness**
  A spike in risk-taking and feelings of agitation

- **Electrical Feels**
  Increased risk of stoke and seizures.

- **Long Nights**
  Insomnia is a well known side-effect of most stimulants.

- **Power Up**
  Increases heart rate, blood pressure, and body temperature

- **Crash**
  Post-stimulant “crash” can include fatigue, depression and inability to concentrate

**PARTIAL PICTURE**

The organ graphics represent only a portion of the potential negative effects of short term stimulant use.

**LONG TERM EFFECTS**

Stimulants are extremely addictive, and when abused long-term, can lead to acute psychosis resembling paranoid schizophrenia. Serious organ damage can also occur.

**GENDER NEUTRAL**

Short and Long Term effects are equally harmful for men and women.

**WE ARE HERE TO HELP.**

- Counseling and Psychological Services (CAPS)
  (415) 422-6352
- Student Disability Services (SDS)
  (415) 422-2613
- Health Promotion Services
  (415) 422-5797
- Dean of Students
  (415) 422-5330

**Talk About It**

**FOR A HEALTHY BODY AND MIND:**

- Eat Regularly
- Know Your Emotions
- Stay Connected
- Get Enough Sleep
- Don’t Self-Medicate