

Mood and Smoking

Smokers sometimes have a cigarette when they feel down. Feeling down can also keep smokers from trying to quit. And if they do quit, feeling down can get them to start smoking again. The good news? Research shows that people can feel better by doing a few key things.¹

If you notice that you feel down:

Take action - Start small. For example, clear a pile of papers that have been lying around the house, organize some of your photos, or make a phone call you've been putting off.

Think differently - Talk back to unhelpful thoughts. For example, change "I can't do this" to "I can do this. Just keep trying."

Get regular exercise - Do something active each day. Even a short walk, stretching, or carrying in the groceries can help you feel better.

Do things you enjoy (or used to enjoy) – Start a new hobby or pick up an old one like gardening, listening to music, painting, or spending time with your pets.

Talk it over – Talk, text, email, or chat online with friends or family members that you trust. Tell them how you're doing, and ask how they're doing.

Get help from a professional if ...

- you often feel sad, irritable, or tired.
- you have changes in sleep or eating patterns.
- you feel like nothing is fun anymore.

For help with low mood, call your doctor or county mental health agency.

For information on depression and quitting smoking please visit:

<http://smokefree.gov/depression-and-smoking>



Remember

Take charge of your mood. This can help you quit smoking for good. Give yourself a lot of credit for taking charge and making changes. Remember, you are in control!

¹Kingdon, D., & Dimech, A. (2008). Cognitive and behavioral therapies: the state of the art. *Psychiatry* 7(5), 217-220.