

Stress

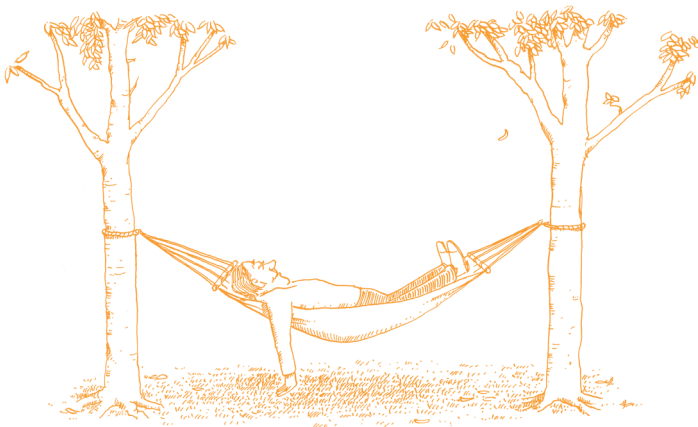
What is stress? Stress is your body's normal response to danger. Muscles tighten, blood pressure goes up, the heart races, and adrenaline is pumped. Many things can cause stress, from everyday troubles to a major loss in your life. Stress is one of the most common triggers to smoke. It's important to think of new ways to help you manage stress and not smoke.¹

Important Points

Signs of stress can be physical or emotional and may include: headaches, tiredness, lack of interest in sex, changes in eating habits or amount of sleep, depression, mood swings, trouble thinking clearly, feeling out of control, feeling confused, or using alcohol and other drugs more.

Stress that is not managed can lead to ulcers, allergies, high blood pressure, heart attack, and stroke.

Managing stress will help you feel calm, peaceful, and in control.



How To Manage Stress

- Do something you really enjoy on a regular basis.
- Make time for yourself every day. Take a nap, read, or meditate.
- Make exercise a part of your life. Even a few minutes a day will help.
- Do breathing exercises to relax. Take a deep breath through the nose, let your belly and chest fill with air, then slowly exhale through the mouth. Repeat a few times.
- Get enough sleep.
- Limit alcohol and caffeine.
- Eat a balanced diet and drink plenty of water.
- Talk, text or write about your worries. Don't keep them bottled up.
- Manage your time wisely. Set goals you can meet.
- Get support!

For more information regarding Stress Management please visit:

- http://www.helpguide.org/mental/stress_management_relief_coping.htm
- <http://smokefree.gov/stress-and-smoking>

¹ Centers for Disease Control and Prevention. (2015, March). Retrieved 6/10/16 from <http://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/stress-and-smoking.html>