

# SMOKING AND STRESS

## 10 TIPS TO HELP YOU QUIT AND STAY QUIT



People often use cigarettes or vapes to help reduce stress. While smoking or vaping may calm you down at first, you are likely to feel more stress, minutes later. This creates a yo-yo effect of feeling calm then stressed again throughout the day. Smoking increases your blood pressure and heart rate and it weakens your immune system, which protects you from infections and illnesses.

We know that quitting can be difficult. Here are some tips to help reduce stress, while you're on your journey to becoming smoke-free:

### 1. Don't quit on your own

Get help from a Quit Now Virginia quit coach or attend a quit smoking class. Trained tobacco treatment specialists can help you identify your smoking triggers and develop a quit plan.

### 2. Use quit medication

Over-the-counter or prescription quit medications can reduce your cravings for tobacco and help you focus on your quit plan, doubling your odds of quitting.

### 3. Ask for help

Get your family and friends on board. Talking to others can give you emotional support and take your mind off of smoking.



Reach out today, for all the help you need to stop smoking.

Call 1-800-Quit Now (1-800-784-8669)

Connect online at [QuitNowVirginia.org](https://QuitNowVirginia.org)

Text READY to 34191

### 4. Exercise regularly

Exercise boosts chemicals in your body called endorphins. These endorphins make you feel good. Smokers who exercise while quitting are less likely to start smoking again.

### 5. Eat healthy snacks

Try carrot sticks or apple slices. Nutritious snacks give you something to do with your hands and they help you to become healthier.

### 6. Get plenty of sleep

Studies show that people who get seven or more hours of sleep each night are less stressed and less likely to slip up or start smoking again.

### 7. Practice relaxation exercises

Try deep breathing. Close your eyes and breathe in slowly through your nose for four seconds then breathe out slowly through your mouth. Repeat this up to 10 times.

### 8. Use your imagination

Close your eyes and focus on a color, the warmth of the sun, or the sound of birds chirping. Practice the activity for 5 to 10 minutes, when you feel stressed.

### 9. Take a break

Watch a movie, play with a pet, or work on a project such as organizing a closet.

### 10. Keep trying

Don't give up, even if you slip up. The more you try, the closer you get to quitting for good.