

## **HANDLING STRESS WITHOUT SMOKING**

The urge to smoke is greater when a person is feeling stressed. Tobacco appears to alleviate stress, however, it actually causes more stress than it soothes. Once people get over the initial withdrawal of nicotine, they find stress easier to handle without it.

In the meantime, here's alternative to handling stress and other feelings:

### **STRESS:**

- Try to be easy on yourself: make your schedule easier, less stressful, in the first month of quitting smoking.
- Remember to HALT. Never let yourself get too hungry, too Angry, too Lonely, or too Tired.
- Try alternative methods to relaxing, such as hot baths or a massage.
- Do deep breathing and other relaxation techniques

### **ANGER AND/OR UNHAPPINESS:**

- Express the feelings to a friend in small, manageable bursts.
- Let out the frustration by: throwing darts, exercise, crushing paper.
- Do relaxation exercises.
- Divert your mood by reading a book, going to a movie, or taking a walk in nature.

### **BOREDOM:**

- Write out a list of fun no-smoking activities to do, like walking, movies, going out to a coffee shop or restaurant
- Work on a hobby.
- Carry something to do while you're waiting, like a puzzle book
- Take a nap or bubble bath. \