



What You Need to Know About: Managing Stress When Trying to Quit Tobacco

Everyone feels stress sometimes. As a tobacco user, your first reaction to pressure, anxiety, anger, or any obstacle may be to reach for a cigarette or a tin of chew for relief.

Instead of using tobacco to cope, identify your sources of stress, and use stress relief techniques to reduce your stress levels. Learning effective ways to reduce your stress will help you focus on successfully quitting tobacco.

Plan Ahead

- Identify your sources of stress, especially the less obvious ones.
 - Ex: Are you stressed because you're sitting in traffic or are you stressed because you slept in and are running late?
- Keep a log and write down the situations that cause you stress or anxiety.
- Come up with either a plan to avoid the stressor completely or a coping strategy for an unavoidable stressful situation.

Choose Your Stress Relief Techniques

- Everyone is different! What works for your buddy might not work for you.
- If a tried-and-true technique isn't work, try something new.
- Practicing stress management is a great tool for not just quitting tobacco, but for improving your life overall.



Stressed? Try One of These Tobacco-free Techniques



Take a deep breath. Breathe in through your nose and out through your mouth.

Cut the caffeine. Try swapping your morning coffee for tea instead.

Go to your happy place. Visualize somewhere you feel relaxed and meditate on it.



Go over your list of reasons for quitting. Focus on the positive benefits you've already achieved.

Stay positive. If you convince yourself you can quit, you're more likely to succeed.

Get up and grab yourself a healthy snack like an apple or celery sticks.

Take it one day at a time. Focus on the here and now.



Exercise. Don't have time to go to the gym? Even a 15-minute walk can help!

Take a break. If you find yourself in a stressful situation step away from it for a few minutes.



Talk to someone. Call your quit buddy or your mom (she told us to say that!)

Chew some sugar-free gum or suck on a hard candy.

Take care of yourself. Make sure you're getting enough sleep and drinking lots of water.



Laugh! It's easier to manage stress when you lighten up. Watch a funny movie or joke around with your buddies.

