

Smoking & Stress Management

After you return from a smoke break, you didn't really address the stressor, but rather you curbed the nicotine receptors of your brain, so the absence of nicotine didn't stress your body. By learning new stress management practices, you can not only avoid smoking when stressed, but you can also nip your stressors in the bud!

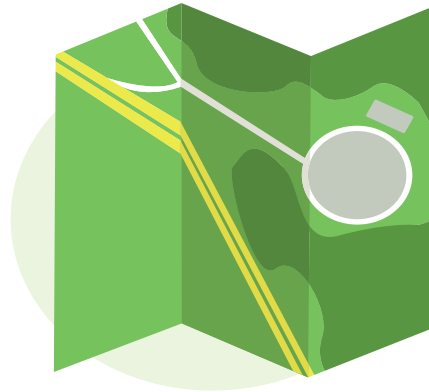
Who?



Who can I ask for help with managing stress?

This can be a family member, a friend, a counselor or other mental health professional.

Where?



Where am I when I feel stressed?

Small environmental changes can help you feel more relaxed and restored.

Why?



Why am I stressed?

Evaluate if your safety is threatened or if you have too much on your plate.

What?



What is causing me stress?

The cause of stress could be coming from your safety being threatened, or you may be overwhelmed with responsibilities.

When?



Is there a specific time of day, month, or year when you feel more stressed?

Holidays, daily commitments, or monthly workflow can all contribute to your stress.

How?



How can I be successful in managing my stress?

You can adopt healthy coping techniques to manage stress in your current lifestyle.