

# 10 WAYS TO MANAGE STRESS

Stress is, well, stressful... especially when quitting tobacco.

Here are some tips that may help reduce the stress in your life.

## 1. TAKE A BREAK.

Even if it's just for a few minutes, a short breather can help you relax in a stressful situation.

## 2. BREATHE DEEPLY.

Take a few slow, deep breaths—in through your nose and out through your mouth.

## 3. EXERCISE.

Even a short walk every day can help you manage stress, curb nicotine cravings and improve your health.

## 4. VISUALIZE.

Close your eyes and imagine you are in a place where you feel safe, comfortable and relaxed.

## 5. SCAN FOR TENSION.

Stretch, exercise or get a massage. Even rubbing your shoulders, neck and head can release a lot of tension.

## 6. TALK TO SOMEONE.

Talking with a friend or family member about your life is a great way to help manage stress.

## 7. TAKE CARE OF YOURSELF.

This includes eating a balanced diet, drinking lots of water and getting enough sleep.

## 8. CUT OUT CAFFEINE.

Drinking caffeinated coffee, tea or soda can amplify stress levels, especially when quitting.

## 9. FACE THE PROBLEM.

Think about what makes you stressed, and see if there are ways to make it better. It can be helpful to talk with others, too.

## 10. DO THINGS YOU ENJOY.

Distract yourself with activities that give you pleasure. Go for a run, watch a movie or do some reading.



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