

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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