

## What is Stress?

Stress is how your brain and body react to any kind of demand or threat. Stress can come from daily troubles to a major loss. Stress is a common trigger to smoke.<sup>1</sup>

## Signs of Stress

Signs can be physical or emotional:<sup>1,2,3</sup>

- Tight muscles
- Rising blood pressure
- Fast heart beat
- Headaches
- Feeling tired
- Low sex drive
- Changes in eating
- Hard time sleeping
- Feeling down
- Mood swings
- Feeling out of control
- Not able to think clearly
- Using more drugs and alcohol

## Stress and Health

Stress can cause things like:

- Ulcers
- Rashes
- Allergies
- High blood pressure
- Anxiety
- Heart attack
- Stroke

## How to Deal with Stress

Dealing with stress can help you feel calm, at peace, and in control.

- Make time for things you enjoy
- Be active. Even a few minutes a day will help.
- Limit alcohol and caffeine
- Eat healthy and drink a lot of water
- Write down your worries. Don't keep them in.
- Manage your time. Set goals you can meet.
- Get enough sleep
- Get support!

Taking deep breaths can also help.

- Breathe in through the nose
- Let your belly and chest fill with air
- Breathe out of your mouth
- Repeat a few times



**Call to Get FREE help to quit smoking today!**  
**English: 1-800-QUIT-NOW (1-800-784-8669)**

1. Cleveland Clinic (2018). Stress, Stress Management, & Smoking: Prevention.
2. The American Institute of Stress (2017). Stress Effects.
3. American Heart Association (2014). How Does Stress Affect You.