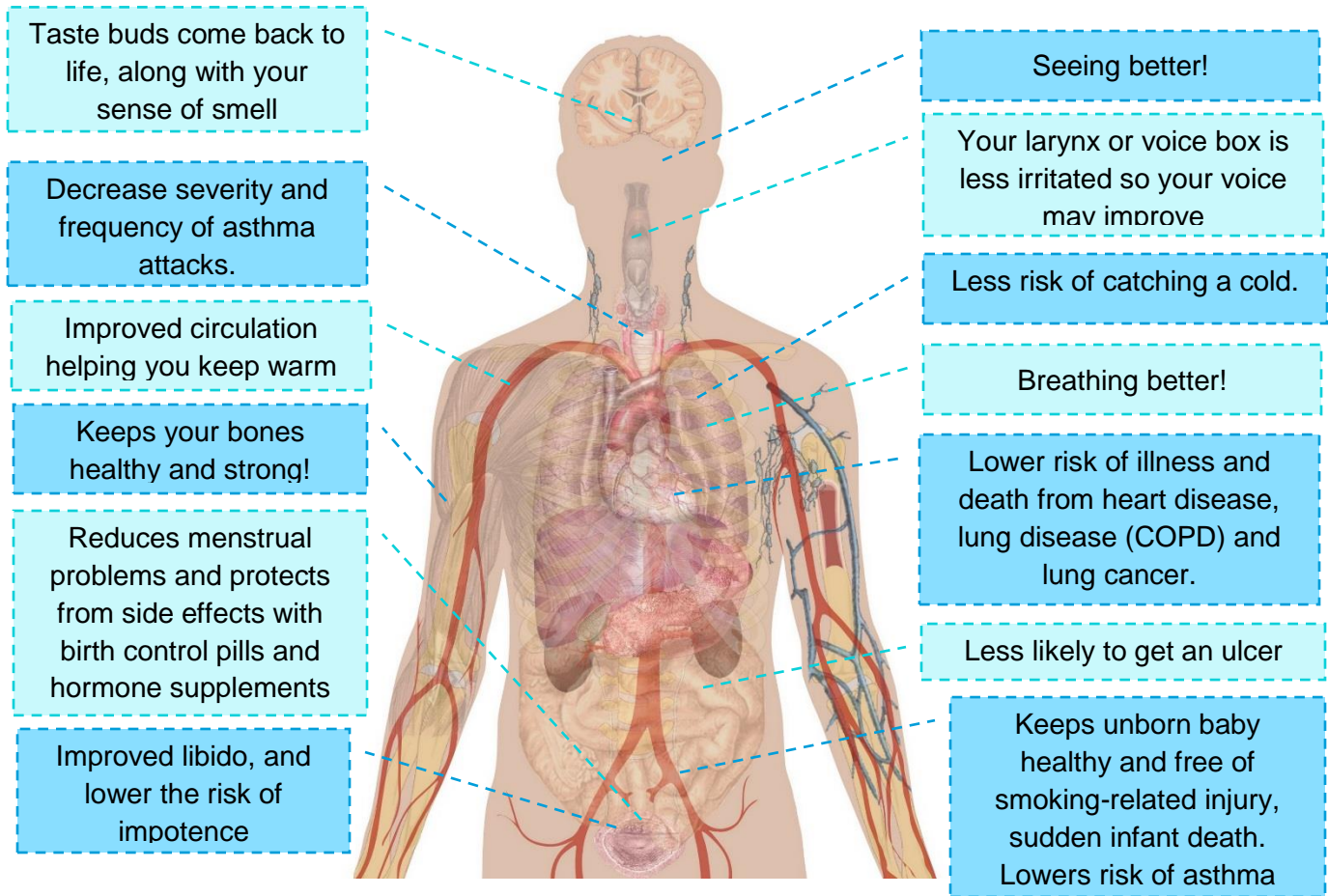


# THE BENEFITS OF BEING TOBACCO-FREE



## Other Benefits in My Every Day Life

1. Saving money that would have been used on cigarettes.
2. Increased energy and stamina.
3. Not having the smell of smoke clinging to your clothes and hair.
4. Less risk of fire in your home.
5. Setting a good example for the children in your life, which will decrease the likelihood they will become a smoker.
6. Having two free hands again.



**Flip the page to write down the benefits YOU are experiencing, or looking forward to as a non-smoker**

**Some benefits I've already noticed from not smoking are:**

**Some benefits I'm looking forward to as a non-smoker are:**

# AM I STRESSED?

## What is Stress?

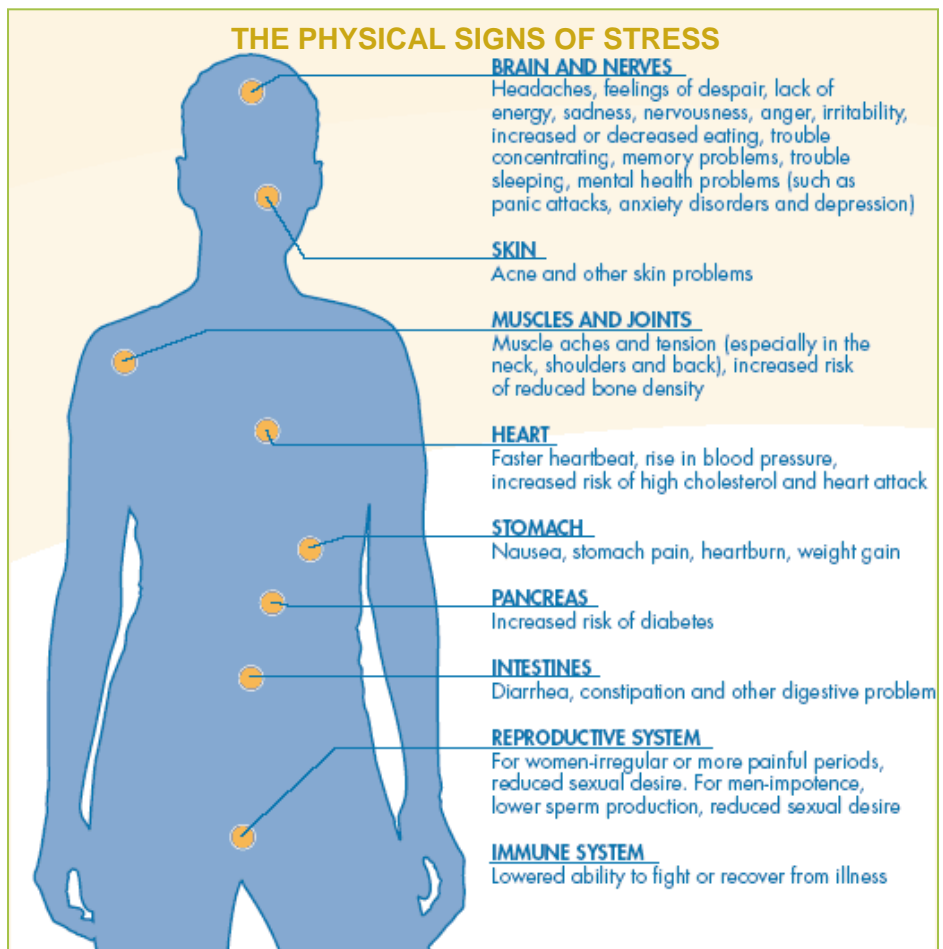
Stress is your body's automatic response to danger. Your muscles tighten, blood pressure goes up, your heart races, and your adrenaline is pumped. Possible stressors can range from everyday annoyances-missing the bus to a major loss in your life.

## What are signs of Stress?

Signs of stress can be physical or emotional or both. They can be demonstrated by one or a combination of these symptoms: headaches, fatigue, depression, changes in sleeping eating, reduced sex drive, feelings that you are out of control, mood changes, confusion, inability to think clearly, increased use of alcohol or other drugs.

## What is the effect of stress on my health?

Stress that is not managed can affect your health, contributing to ulcers, allergies, high blood pressure, heart attacks and strokes.



## What can I do to control my stress level?

Managing stress will help you feel calm instead of anxious or nervous. You will feel more peaceful and in control. Here are some ways you can control your stress level:

- Make time for yourself everyday, take a nap, read, meditate, do things you enjoy!
- Make exercise a part of your life, even a few minutes a day will help
- Do breathing exercises to relax yourself-take a depth breath through your nose and let your abdomen and chest fill with air. Repeat a few times
- Get enough sleep
- Talk about your worries, don't bottle them up
- Eat right, maintain a balanced diet and drink plenty of water.
- Limit alcohol and caffeine
- Manage your time wisely, set goals that are realistic
- Get support

# 33 Proven Stress Reducers

1. Get up fifteen minutes earlier in the morning – make time for mishaps.
2. Do your morning preparations (lay out clothes, make lunches...) the night before.
3. Keep a calendar for appointments, pick up times, due dates, etc.
4. Don't do anything that you will have lie about later.

5. Make copies of all keys and put them somewhere you can have access them.

6. Regularly check up your car, appliances, home, relationships, etc. This will reduce the chance that things break down at the worst possible moment.



7. Have a plan for handling wait times. A book/e-book, game app, or any app can help pass the time.
8. Avoid procrastinating. Procrastination can come back to haunt you.
9. Don't put up with something that doesn't work properly. If it is always causing you stress, fix it or get a new one.
10. Allow extra time to get to appointments such as interviews, flights, etc.

11. Eliminate or restrict the amount of caffeine in your diet. Drink enough water.



12. Don't be afraid to ask questions. Getting clarification may save you a lot of time.
13. Be willing to say no. Don't let yourself get stretched too thin. Take care of yourself.
14. Turn off your phone. Take some time for yourself to relax.
15. Take many stretch or walking breaks when you spend a lot of time sitting.

16. Use ear plugs if you can't find a quiet place.

17. Make sure you get enough sleep!



18. Organize your things so you don't lose them. Losing things is stressful.
19. Catch stress signs (upset stomach or shallow breathing) and take time to relax.
20. Write your thoughts and feelings down. It can help you process events and let go.
21. Try deep breathing: inhale through your nose counting to eight. Then slowly exhale to the count of 16. Repeat.

22. Visualize success. Imagine how great you will feel when you succeed.

23. Take breaks. Breaks can help refresh you and regain your focus.



24. Do something you enjoy every day.
25. Baths and showers can help to relieve tension.
26. Do a favor for someone else every day.
27. Avoid negative self-talk like "I'm too old, too fat, etc..." Try saying "I'm awesome!"
28. Do the tough/unpleasant tasks first. This will make the rest of your day easier.
29. Be willing to delegate tasks to people you trust.
30. Take lunch breaks to get away from your work.
31. Count to 10 before you say something that could make matters worse.
32. Forgive people and events. Holding onto grudges only hurts you.
33. Have an optimistic view of the world.

**Source: California Smoker's Helpline**

# COPING WITH FEELINGS

Maybe you have used alcohol, drugs, and tobacco to cope with feelings and to even out your emotions. Here are some suggestions on how to cope when you feel overwhelmed by feelings.

## Feeling Lonely?



Drugs, alcohol, and tobacco may have been like a friend that helped you through good and bad times. When you first quit it can feel like you've lost a friend. It's okay to feel sad, most people have experienced sadness and got through it just as you will. **Some things you can do to cope:**

- Talk to a supportive friend
- Write a letter
- Start a journal
- Curl up in a comfy blanket
- Hug a pet or stuffed animal
- Get up and move!
- Start a new hobby

## Feeling Angry?



You may feel like smoking when you're angry. Now that you're quitting, **here are some strategies to help you deal with anger:**

- Talk about your anger (vent) – don't let it build up!
- Squeeze a stress ball, pop packing plastic
- Exercise
- Take long deep breaths
- Count to ten

## Feeling Restless?



Some people feel really hyper when they first quit, like they have more energy than they know what to do with. **Here's what you can do with that energy:**

- Close your eyes and take a long deep breath
- Take a walk in your favorite park or nature spot
- Play a game with some friends or start a group
- Put on some dance music and dance!

## Feeling Bored?



Sometimes people smoke, drink, or use drugs just to pass the time. **Try some of these options instead:**

- Learn something new!
- Do something for someone else
- Doodle, sketch, do a puzzle or journal

# 6 Breathing Exercises

## to Relax in 10 Minutes or Less

*While stress, frustration, and other daily setbacks will always be there, the good news is, so will our breath.*

**From:** Time Online, “6 Breathing Exercises to Relax in 10 minutes or Less,” by Jordan Shakeshaft.

### 1. Sama Vritti or “Equal Breathing”

**How it’s done:** Balance can do a body good, beginning with the [breath](#)<sup>1</sup>. To start, inhale for a count of four, then exhale for a count of four — all through the nose, which adds a natural resistance to the breath. Got the basic [pranayama](#)<sup>2</sup> down? More advanced yogis can aim for six to eight counts per breath with the same goal in mind: calm the nervous system, increase focus and reduce stress.

**When it works best:** Anytime, anyplace — but this is one technique that’s especially effective before bed. “Similar to counting sheep,” Pacheco says, “if you’re having trouble falling asleep, this breath can help take your mind off the racing thoughts, or whatever might be distracting you from sleep.”

**Level of difficulty:** Beginner

### 2. Abdominal Breathing Technique

**How it’s done:** With one hand on the chest and the other on the belly, take a deep breath in through the nose, ensuring the diaphragm (not the chest) inflates with enough air to create a stretch in the lungs. The goal: Six to 10 deep, slow breaths per minute for 10 minutes each day to experience immediate reductions to heart rate and blood pressure, McConnell says. Keep at it for six to eight weeks, and those benefits might stick around even longer.

**When it works best:** Before an exam, or any stressful event. But keep in mind, “Those who operate in a stressed state all the time might be a little shocked how hard it is to control the breath,” Pacheco says. To help train the breath, consider biofeedback tools such as McConnell’s [Breathe Strong app](#)<sup>3</sup>, which can help users pace their breathing wherever they are.

**Level of difficulty:** Beginner

### 3. Nadi Shodhana or “Alternate Nostril Breathing”

**How it’s done:** A yogi’s best friend, this breath is said to bring calm and balance, and unite the right and left [sides of the brain](#)<sup>4</sup>. Starting in a comfortable meditative pose, hold the right thumb over the right nostril and inhale deeply through the left nostril. At the peak of inhalation, close off the left nostril with the ring finger, then exhale through the right nostril. Continue the pattern, inhaling through the right nostril, closing it off with the right thumb and exhaling through the left nostril.

**When it works best:** Crunch time, or whenever it’s time to focus or energize. Just don’t try this one before bed: Nadi shodhana is said to “[clear the channels](#)”<sup>5</sup> and make people feel more awake. “It’s almost like a cup of coffee,” Pacheco says.

**Level of difficulty:** Intermediate

---

<sup>1</sup> <http://tinyurl.com/TFP4breath>

<sup>2</sup> <http://www.yogajournal.com/practice/709>

<sup>3</sup> <http://www.breathstrong.com/apps/>

<sup>4</sup> <http://www.yogajournal.com/poses/2487>

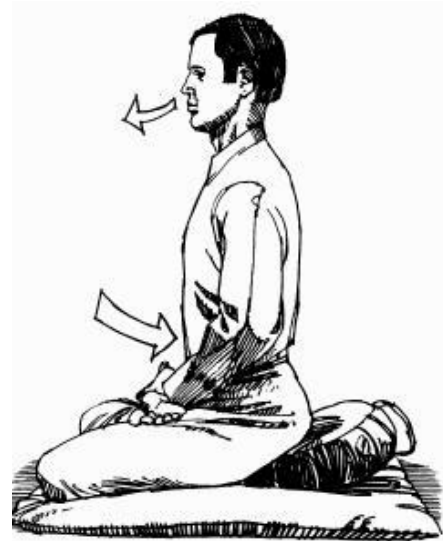
<sup>5</sup> <http://tinyurl.com/TFP4namaste>

#### 4. Kapalabhati or “Skull Shining Breath”

**How it’s done:** Ready to brighten up your day from the inside out? This one begins with a [long, slow inhale](#),<sup>6</sup> followed by a quick, powerful exhale generated from the lower belly. Once comfortable with the contraction, up the pace to one inhale-exhale (all through the nose) every one to two seconds, for a total of 10 breaths.

**When it works best:** When it’s time to wake up, warm up or start looking on the brighter side of things. “It’s pretty abdominal-intensive,” Pacheco says, “but it will warm up the body, shake off stale energy and wake up the brain.” If alternate nostril breathing is like coffee, consider this a shot of espresso, she says.

**Level of difficulty:** Advanced



#### 5. Progressive Relaxation

**How it’s done:** To nix tension from head to toe, close the eyes and focus on [tensing and relaxing](#)<sup>7</sup> each muscle group for two to three seconds each. Start with the feet and toes, then move up to the knees, thighs, rear, chest, arms, hands, neck, jaw and eyes — all while maintaining deep, slow breaths. Having trouble staying on track? Anxiety and panic specialist [Dr. Patricia Farrell](#)<sup>8</sup> suggests we breathe in through the nose, [hold for a count of five](#)<sup>9</sup> while the muscles tense, then breathe out through the mouth on release.

**When it works best:** At home, at a desk or even on the road. One word of caution: Dizziness is never the goal. If holding the breath ever feels uncomfortable, tone it down to just a few seconds at most.

**Level of difficulty:** Beginner

#### 6. Guided Visualization

**How it’s done:** Head straight for that “[happy place](#),”<sup>10</sup> no questions asked. With a coach, therapist or helpful recording as your guide, breathe deeply while focusing on pleasant, [positive images](#)<sup>11</sup> to replace any negative thoughts. Psychologist Dr. Ellen Langer explains that while it’s just one means of achieving mindfulness, “Guided visualization helps puts you in the place you want to be, rather than letting your mind go to the internal dialogue that is stressful.”

**When it works best:** Pretty much anyplace you can safely close your eyes and [let go](#)<sup>12</sup> (e.g. *not* at the wheel of a car).

**Level of difficulty:** Intermediate

---

<sup>6</sup> <http://tinyurl.com/TFP4inhale>

<sup>7</sup> <http://tinyurl.com/TFP4relax>

<sup>8</sup> <http://www.drfarrell.net/>

<sup>9</sup> <http://tinyurl.com/TFP4count>

<sup>10</sup> <http://tinyurl.com/TFP4happy>

<sup>11</sup> <http://tinyurl.com/TFP4visual>

<sup>12</sup> <http://tinyurl.com/TFP4letgo>