



How Can I Handle the Stress of Not Smoking?

No one says that quitting tobacco is easy. But everyone says it's worth it! Quitting will reduce your risk of heart disease and stroke. It will also lower your chance of developing lung disease and cancer. Most of all, quitting can save your life and the lives of others around you.

Quitting smoking has both short-term and long-term benefits for lowering your cardiovascular risk. No matter how much or how long you've smoked or vaped, when you quit, your risk of heart disease and stroke starts to drop.



How can I cope with the urge to smoke?

- Write down the reasons why you quit and look at the list often.
- When you feel an urge to have "just one," stop yourself. Think of what triggered the urge and find a different way to handle it. For example, if you feel nervous, take a walk to calm down instead.
- Be prepared for times when you'll get the urge. If you smoke when drinking, cut down on alcohol to avoid those weaker moments.
- Change your habits. Instead of having a cigarette after dinner, brush your teeth or walk the dog.
- Stay around people who don't smoke. Ask for support and find a buddy you can call when you feel weak. Tell others they can help you by not giving you a cigarette and by being supportive.
- Think positive thoughts! Focus on how great it is that you've stopped smoking, how food tastes better and how nice it is not to wake up coughing. Remind yourself how smoking stinks, stains your teeth and gives you bad breath.

- Reward yourself each time you get through a day or week without smoking. Treat yourself to a movie. Or figure out how much money you've saved and buy yourself something special.
- Talk with your health care professional. Counseling, support groups and medications might help you stop smoking and succeed in becoming a nonsmoker.

How can I relax?

- Try deep breathing. Take a long, deep breath, count to 10 and release it slowly. Repeat five times and you'll feel much more relaxed.
- Allow 20 minutes a day to let go of tension this way: Close your eyes, relax your muscles and think hard about one word, like "calm." Say it until you reach a state of relaxation.
- Listen to relaxing music.



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How can physical activity help?

Participating in regular moderate to vigorous physical activity can provide many health benefits. Physical activity can:

- Release stress and calm you.
- Reduce anxiety and risk of depression.
- Improve your mood and help you think more clearly.
- Help control cravings for tobacco and nicotine.
- Help control your appetite.
- Help you reach and maintain a healthy weight.
- Lower your blood pressure.
- Increase your HDL (good) cholesterol level.
- Help reduce your risk of developing heart disease and stroke.
- Help control blood sugar by improving how your body uses insulin.



HOW CAN I LEARN MORE?

- 1** Call 1-800-AHA-USA1 (1-800-242-8721), or visit [heart.org](https://www.heart.org) to learn more about heart disease and stroke.
- 2** Sign up for our monthly *Heart Insight* e-news for heart patients and their families, at [HeartInsight.org](https://www.heartinsight.org).
- 3** Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at [heart.org/SupportNetwork](https://www.heart.org/SupportNetwork).

Do you have questions for your doctor or nurse?

Take a few minutes to write down your questions for the next time you see your health care professional.

For example:

How long will the cravings last?

What about nicotine gum or a nicotine patch?

MY QUESTIONS:

We have many other fact sheets to help you make healthier choices to reduce your risk for heart disease, manage your condition or care for a loved one. Visit [heart.org/AnswersByHeart](https://www.heart.org/AnswersByHeart) to learn more.