

# Stress

## What is Stress?<sup>1</sup>

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 using tobacco.

## Signs of Stress<sup>1,2,3</sup>

Signs can be physical or emotional:

- 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

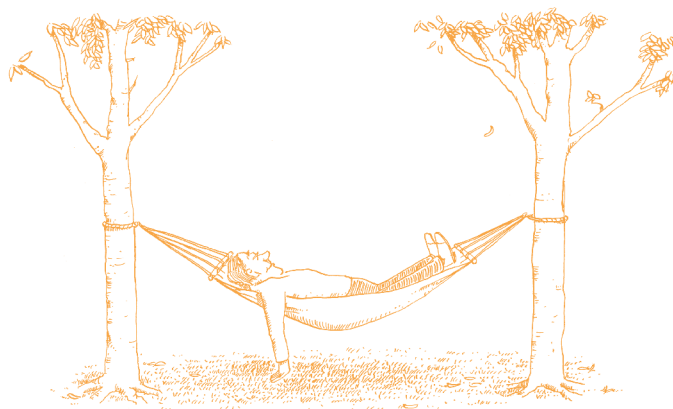
## How to Deal with Stress

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 any 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 for FREE help to quit!**  
**1-800-300-8086**

<sup>1</sup> Cleveland Clinic (2018). *Stress, Stress Management, & Smoking: Prevention.*

<sup>2</sup> The American Institute of Stress (2017). *Stress Effects.*

<sup>3</sup> American Heart Association (2014). *How Does Stress Affect You.*