

Name: _____ Date: _____

Stress Management

How do you handle stress? Do you smoke during times when you feel extra worried or tense? Stress is normal, but it can be unhealthy to feel stress for too long. Like smoking, stress can affect your overall health. Let's think about ways to lower your stress. When you feel calmer, it is easier to choose not to smoke/vape.



What Activities Relieve My Stress?
Example: Walking around the block

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What Can I Remove From My Life to Reduce Stress? Example: Unfollow negative pages on social media

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Practice Deep Breathing

Breathe slowly through your nose. Pay attention to your chest rising and your belly expanding. Slowly breathe out through your mouth. Repeat this a few times. Think about how your body feels.



Write down what thoughts and emotions you had during the exercise.

Tips for Coping with Stress



Breathe
Healthy Steps to
Living Tobacco Free



If you're ready to quit, call Quit Now Indiana at
1-800-QUIT-NOW (1-800-784-8669)
or log on to equitnow.com for free, personalized support.