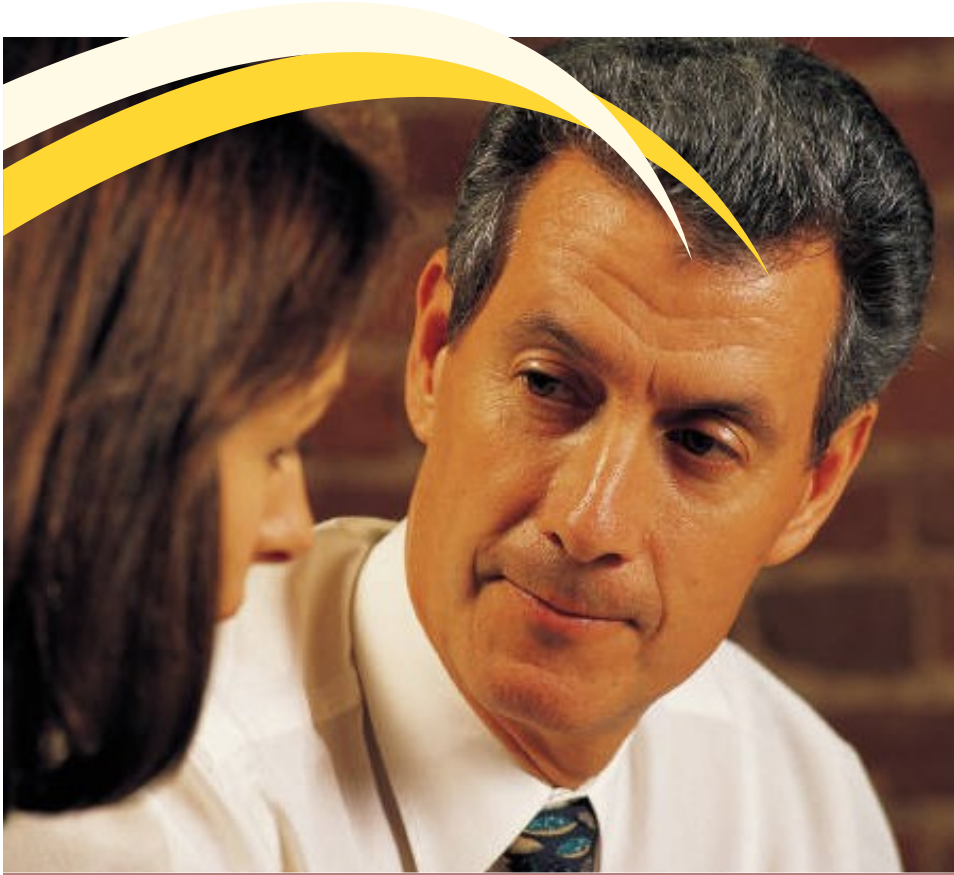


Handling Stress



When you stop using tobacco, you may notice a feeling like something is missing. This feeling is common.

You may also notice more **headaches, muscle soreness, fast breathing, fast heart rate, or a “keyed up” feeling.**

These are expected signs of stress. Learning other ways to relax instead of using tobacco will help you through those rough times in life.

Tips for Success

Deep Breathing

Learning to deep breathe is one way to help relax.

1. Inhale through your nose or mouth.
2. Count slowly as you breathe in and hold your breath for 1-3 seconds.
3. Pucker your lips and blow out slowly.
4. Blow out longer than you breathe in.
5. Repeat at your own pace.
6. Stop for a few minutes if you feel dizzy.

Stages of Loss

You may find yourself going through some of the following stages. Be patient with yourself and these feelings will go away with time.

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance

In time the urge to use tobacco goes away. Keep up the good work.