

MINDFUL HEALTH ~ I WILL FOCUS ON ME

Be Tobacco Free

If you smoke, quitting is the single best thing you can do to improve the length and quality of your life. Becoming tobacco-free significantly lowers your risk of many chronic health conditions such as cancers and heart and lung diseases. Quitting tobacco reduces depression, anxiety, and stress and increases positive mood.

Identify stress

It is a common misconception that tobacco reduces stress and anxiety. Using tobacco reduces nicotine withdrawal symptoms, which feel similar to anxiety, but does not alleviate stress or address the root cause. Identifying the source of anxiety or stress will help you find ways to cope without turning to tobacco.

Find alternatives

Instead of smoking, deal with life's stressors with meditation, deep breathing, physical activity, limiting alcohol, eating a well-balanced diet, drinking water, counseling or talking with supportive friends and family.

Stop smoking medications can help to control cravings and nicotine withdrawal. Speak to your healthcare provider or pharmacist for more information.

Many people find breaking their psychological dependence on tobacco to be the hardest part of quitting. Tobacco use becomes closely connected with other activities such as drinking coffee, talking on the phone, driving or just taking a break. Smoking can also be a way to connect socially with others or be a psychological support when feeling lonely, bored or stressed. Understanding why you smoke and learning new healthy behaviours is vital to quitting.

- Monitor your smoking for a few days to find your triggers
- Find healthy substitutes and have a plan to do something else when wanting to smoke
- Make changes in your daily environment to avoid being tempted
- Ask the people around you for support
- Motivate yourself with the reasons you have for quitting and include positive thoughts and rewards

For more information on how to quit smoking, visit york.ca/tobacco

PUBLIC HEALTH

1-877-464-9675
TTY 1-866-512-6228
york.ca

The logo for York Region, featuring a stylized white star or spark above the text "York Region" in a white serif font, all set against a blue and purple background.

York Region