

## Some people say they smoke because it helps them deal with stress.

Cigarettes are about as relaxing as bungee jumping!  
The nicotine in cigarettes is a stimulant, like caffeine.  
It speeds up your body and makes your heart go faster.  
This actually makes people more stressed!

Why people feel smoking relaxes them is the deep breaths  
and slow exhaling – not the cigarette. You can take deep  
breaths and exhale slowly without a cigarette. Try it now ...

Here are a few ideas to help you deal with stress:

1. Take some time out and take a few deep breaths
2. Get physical – this could be going for a jog  
or walk (endorphins help you feel good)
3. Call for reinforcements – phone a friend or family member
4. Look for the positives – this can be hard but think  
about things that are going well
5. Sleep on it – eight to 10 hours is the ideal

