

# TIPS TO HELP YOU **REDUCE OR QUIT** SMOKING WHILE PHYSICAL DISTANCING

## MANAGING STRESS AND ANXIETY

The pandemic and its constant changes may have you feeling more anxious and stressed than normal. In the past, you may have used smoking to deal with your stress and anxiety. Now that you are quitting smoking, managing your stress and anxiety will be different. Here are some tips to help you manage it during this time of uncertainty:



### **FIND BALANCE WITH THE NEWS:**

While it is important to stay informed, constantly checking the news can increase your stress and anxiety. Limit checking credible sources (such as the CBC or the WHO) to once or twice a day.



### **BE PHYSICALLY ACTIVE EVERY DAY:**

This will help you produce endorphins, which help your brain feel good and calm. You can do an at-home workout, an outdoor workout, or go for a walk or a jog (while keeping a social distance of 6 ft between you and anyone else that is out there).



### **GET ENOUGH SLEEP:**

Sleep is best way for your brain to relax. If you do not get enough or quality sleep, your brain cannot handle stress as well.



### **IDENTIFY SUPPORT NETWORKS (E.G. FRIENDS AND FAMILY):**

Even though we are physically distanced, it does not mean you are socially isolated – you just have to interact with your support network a little differently than normal. You can call them on the phone or by video such as on FaceTime or Skype.



### **MAKE TIME FOR YOURSELF:**

It is important that you find some time every day to focus on yourself and do something that you enjoy, like reading, drawing, or meditating.



### **CAFFEINE AND SMOKING:**

Quitting smoking can increase the effects of caffeine. If you feel unpleasant effects like anxiousness, nervousness, headaches, tiredness, or heart palpitations, decrease how many cups of coffee, tea or colas that you drink per day OR try decaffeinated beverages instead.

**IT'S YOUR TIME! MAKING CHANGES TO YOUR SMOKING CAN BE HARD. IT IS POSSIBLE. WE ARE HERE TO HELP.**