

# Dealing with Stress

## Are you stressed?

Stress can trigger tobacco use. Know what stresses you and learn to cope in healthy ways. Mark your stress signs and review ways to reduce stress on these lists.

## My Signs of Stress

I know I'm under stress when I...

- Cry more than usual
- Cannot concentrate or focus
- Cannot sleep
- Sleep more than usual
- Eat more than usual
- Do not feel like eating
- Am irritable
- Am on the move all the time – fidgety
- Resort to use of alcohol/drugs
- Become very sensitive
- Have “physical complaints”
- Other \_\_\_\_\_

## Stress Reducers

When I see these “symptoms” I will...

- Go for a walk.
- Read a good book.
- Go shopping at \_\_\_\_\_
- Exercise
- Listen to music on the
- Watch my favorite TV program(s)
- Use relaxation techniques.
- Take some time for myself.
- Do something I'm skilled at such as \_\_\_\_\_
- Talk to my friend, therapist doctor, or someone else
- Say “no” to \_\_\_\_\_
- Confront the situation by \_\_\_\_\_
- Limit behaviors such as \_\_\_\_\_
- Prioritize my activities/duties
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
- Other \_\_\_\_\_

## **The lastday**

Prepare for your quit day.

- Remove all tobacco in your living spaces (house, car, pockets, purses, etc.).
- Remove all ashtrays, lighters and other related items. (Making it inconvenient to use tobacco will make it easier to resist cravings!)
- If you have been chewing tobacco, have supplies of these on hand:
  - Sugar-free gum or mints
  - Carrots and other raw veggies
  - Sunflower seeds
  - Plastic straws
  - Any other item to keep your mouth busy
- Review your plans to avoid triggers.
- Review your plans to cope with withdrawal.
- Have your teeth cleaned by a dentist to remove stains (if possible). Give yourself a “feel good” polish.
- Keep medicine prescribed for cessation nearby and ready to go.
- Get a good night’s sleep to ensure you won’t wake up in a rush.

## **Resources to help you quit**

**(800) QUIT NOW (784-8669)**

**Gundersen Health System tobacco cessation programs**

(800) 362-9567 ext 55442

email: [wellness@gundersenhealth.org](mailto:wellness@gundersenhealth.org)

[gundersenhealth.org/wellness](http://gundersenhealth.org/wellness)

**Wisconsin Tobacco Control**

[tobwis.org](http://tobwis.org)

**UW-Center for Tobacco Research and Intervention**

[ctri.wisc.edu](http://ctri.wisc.edu)

**USPHS Guideline and materials**

[Surgeongeneral.gov/tobacco](http://Surgeongeneral.gov/tobacco)

**Smokefree.gov**