

STRATEGIES FOR MANAGING STRESS AND RESISTING THE URGE TO SMOKE/VAPE

Engage in Regular Physical Activity

Even a brisk walk can boost endorphins and reduce stress hormones.

Practice Meditation & Mindfulness

Mindfulness practices or meditation can help create inner peace and reduce stress.

Find a Hobby

Find activities that bring you enjoyment and help take your mind off stress, such as reading, painting, music, or gardening.

Keep Substitutes on Hand

Instead of reaching for a cigarette/vape, opt for healthy snacks like carrots, celery, apples, or nuts.

Seek Support

If you're struggling to quit smoking/vaping or manage stress, reach out to your doctor or contact the Center for Community Health & Prevention for support.

