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 last day
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
gundersenhealth.org/wellness
Wisconsin Tobacco Control
tobwis.org
UW-Center for Tobacco Research and Intervention
ctri.wisc.edu
USPHS Guideline and materials
Surgeongeneral.gov/tobacco
Smokefree.gov