



De-Stress Without Nicotine/Tobacco

Nicotine doesn't decrease stress. It simply became a way you cope with it...

When you stop using tobacco/nicotine, you will likely experience an initial withdrawal period. Stress levels may be highest during the first two weeks after quitting, but as time passes, your cravings will weaken. As you develop new and helpful coping skills, your psychological reliance on tobacco/nicotine will also decrease.

Try these

- Know what stressors or moods give you the urge to smoke/vape/use.
- Identify ways you can cope without tobacco/nicotine (read, take a walk, talk with a friend).
- Learn to recognize your signs of stress (headaches, nervousness, trouble sleeping, feeling anxious or overwhelmed).
- Create peaceful times in your everyday schedule. Set aside some time where you can get away by yourself.
- Learn relaxation techniques such as meditation, yoga, deep breathing or keeping a journal.
- Use the Calm App: [Calm.com/cornell](https://calm.com/cornell) (free for anyone with a Cornell net id) or Dial-a-meditation 607-254-CALM.

Practice the 5Ds

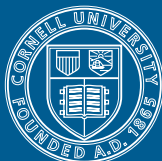
Feel the urge to smoke/vape/use? Remember the 5Ds:

1. Delay (usually for 15-30 mins)
2. Drink water
3. Distract yourself (do something else)

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4. Deep breathe: Inhale for the count of four; exhale to the count of four
5. Decide to recommit to quitting: After the set time, remind yourself of all the advantages of not using nicotine, the disadvantages of using it, and the reasons you want to stop using it.

Plan for stress

During the first few weeks of cessation, plan what your responses might look like for the following, typically stressful, situations:

- an academically stressful day at school (running late for class, required public speaking, presenting at a conference, finding out that you performed poorly on a test or assignment, or have to interview for a grad school or potential job)
- difficulties with a professor
- an argument with your roommate, friend, or parent
- a parking ticket

Resources

- Make an appointment to discuss your tobacco/nicotine cessation efforts with one of the Behavioral Health Consultants at Cornell Health. You can schedule online at myCornellHealth (connect from *health.cornell.edu*) or call 607-255-5155.
- Contact 1-866-NY-QUITS (1-866-697-8487) Review their website for helpful resources: *nysmokefree.com*

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