



## ***Tobacco doesn't decrease stress. It simply became the way you coped with it...***

Without tobacco, there will likely be an initial withdrawal period. Stress levels may be highest during the first two weeks after quitting, but as time passes, tobacco cravings become weaker.

As you develop new and helpful coping skills, your psychological reliance on tobacco will also decrease.

### **Try these**

- Know what stressors or moods give you the urge to smoke.
- Identify ways you can cope without tobacco (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**

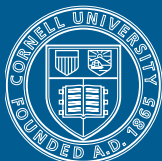
Feel the urge to smoke? Remember the 5Ds

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 tobacco, the disadvantages of using it, and the reasons you want to stop using it.

## **Plan for stress**

During the first few weeks as a non-smoker, 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, partner or parents
- a parking ticket

## **Resources**

- Feel free to make an appointment about your tobacco cessation efforts with one of the Behavioral Health Consultants at Cornell Health. Go online to myCornellHealth from *health.cornell.edu*.
- Contact 1-866-NY-QUITS (1-866-697-8487) Review their website for helpful resources: [www.nysmokefree.com](http://www.nysmokefree.com)