

30 Tobacco-Free Ways to Reduce Stress

1

Make a plan to help you keep calm and stay in contact

2

Enjoy washing your hands. Remember all they do for you!

3

Write down ten things that make you grateful. These are great reasons to quit tobacco.

4

Take funny pictures with your family, friends, or pets.

5

Get active. Even if you're stuck indoors, move & stretch.

6

Chew gum & have a bubble blowing contest.

7

Share what you are feeling and be willing to ask for help.

8

Take five minutes to sit still & breathe. Repeat regularly.

9

Call a loved one to catch up and really listen to them.

10

Reward yourself with something fun. With tobacco, every quit attempt is a success.

11

Notice five things that are beautiful in the world around you.

12

Eat a healthy snack.

13

Get good sleep. No screens before bed or when waking up.

14

Play a game.

15

Dance to your favorite song!

16

Respond positively to everyone you interact with.

17

If you use tobacco, call the Nebraska Quitline for support. 1-800-QUIT-NOW

18

Do three acts of kindness to help others, however small.

19

Learn something new or do something creative.

20

Find positive stories in the news and share with others.

21

See a new movie or start a new book.

22

Make time for self-care. Do something kind for yourself.

23

Connect with nature.

24

Find a fun way to do an extra 15 minutes of physical activity.

25

Prepare a fun snack or meal.

26

Take a small step towards an important goal - like quitting tobacco.

27

Practice your favorite hobby.

28

Send a letter or message to someone you can't be with.

29

Have a tech-free day. Stop scrolling & turn off the news.

30

Encourage a friend to quit tobacco use with you.

For help quitting tobacco call:

1-800-QUIT-NOW



Adapted from actionforhappiness.org

tobacco *free*
LANCASTER COUNTY

Coping with Isolation

It is important to take care of your emotional health. Pay attention to how you and your family members are feeling and acting.

Taking care of your emotional health will help you think clearly and react to urgent needs to protect yourself and your loved ones.

How to Help Your Children

- Talk with them.
 - Share age-appropriate information.
 - Reassure them.
 - Address rumors.
 - Answer questions.
- Set a good example by taking care of yourself.
- Limit exposure to media and social media.

Steps to Care for Yourself

- Take Care of Your Body
 - Try to eat healthy, exercise, get plenty of sleep, and avoid alcohol, other drugs, and tobacco.
- Connect
 - Share your feelings with a friend or family member. Maintain relationships and rely on your support system.
- Take Breaks
 - Make time to unwind. Try to do activities you enjoy.
- Stay Informed
 - Watch for news updates from reliable sources.
- Avoid
 - Avoid too much exposure to media coverage.

Adapted from
[emergency.cdc.gov/Coping_with_Disaster.pdf](https://www.emergency.cdc.gov/Coping_with_Disaster.pdf)

Coping With Stress

Stress is a normal part of life – in moderation it can help you reach your goals, but too much stress creates more problems. Here are a few ideas you might find helpful. Some of these tips may take practice, but others you can do right away. Try one or more to learn what works for you.

You may have learned to deal with stress by smoking, but you can manage stress without smoking – a key component to quitting.

RELAX Our bodies respond to stress by releasing hormones that increase your heart rate and raise your blood pressure. Practicing relaxation techniques may improve your health and help you handle stress in many positive ways.

BREATHE Take a few slow, deep breaths – in through your nose, out through your mouth. You will feel your body start to relax.

VISUALIZE Think of a place where you feel safe, comfortable, and relaxed. Picture it as clearly as you can, imagining what you would feel, hear, and maybe even smell if you were in that relaxing place. Let yourself enjoy being there a few minutes.

EXERCISE Being active sends out natural chemicals that help your mood and reduce your stress. Sometimes a short walk is all it takes to relieve stress. Plus, walking is free!

TALK You don't have to deal with stress alone. Share your feelings with friends, family, and other important people in your life who are able to support you.

DO GOOD Doing something nice for others can make your day a little better, too, while also reducing your own stress.

Stress & Smoking

Some people smoke when they feel stressed, using it as a way to cope. There are reasons you may want to rethink using cigarettes as a way to cope with stress or other unpleasant feelings.

- Nicotine addiction causes stress. Cravings for nicotine feel stressful because your body begins to go through withdrawal.
- Smoking doesn't solve the problem that is giving you stress. Your stress will return.
- Smoking isn't a long-term stress reliever. Instead, you could do something else that's more effective-like one of the activities above.
- If you want help quitting, call 1-800-QUIT-NOW for free, confidential support.

Adapted from [smokefree.gov](https://www.smokefree.gov)