PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

Dealing with Stress

Stress is a natural part of your life. You might feel that smoking calms you down but that cigarettes is just restoring the level of nicotine that your body has come to need- that's not relaxation, it's addiction. There are much healthier ways to deal with stress. Check out these stress busters and the next time you fin yourself in a tight situation, try one out!

Deal with your problems head on

- ✓ Get advice from those around you and deal with your problems ASAP.

Deep breathing exercises

- ✓ Take a deep breath in through your nose, out through the mouth.

Don't rush!

- ✓ Slow down and enjoy the day.

Exercise

- ✓ Go for a run or walk your dog.

Get a new hobby

- ✓ Learn to cook a new kind of food. (e.g. Italian, Thai, or Mexican)

Get Organized

- ✓ Organize your life and manage your time well

Laugh

- ✓ See a funny movie or read comics

Reward yourself

- ✓ Go to a movie

Stay positive

- ✓ Replace any negative thoughts with positive ones

Stimulate your senses

- ✓ Try aromatherapy or have a bubble bath.

Treat your muscles

- ✓ Get a massage or stretch tense muscles.