

The stress cycle of smoking

Did you know smoking actually causes stress? Here's how:

1.

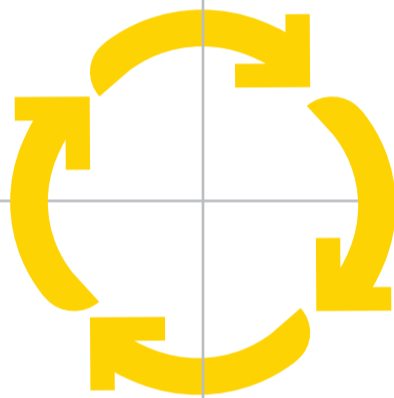


When you light up a smoke, it tops up your nicotine levels.

2.



Your nicotine withdrawal symptoms (like irritability, anxiety and restlessness) are immediately relieved, making you feel relaxed – but only temporarily.



4.



Once your nicotine levels have dropped even more, you begin to experience withdrawal symptoms, causing you to feel tense and irritable.

3.



Soon after you've finished having a smoke, your nicotine levels begin to fall – leaving you craving another smoke and starting to feel anxious.

The good news is, within just a day of stopping smoking, almost all the nicotine is out of your bloodstream, alleviating the stress cycle of smoking! Plus after at least six weeks you are likely to feel less stressed, less anxious and less depressed.

For more benefits of quitting visit www.icanquit.com.au or call Quitline on 13 7848 (13 QUIT).



Aboriginal Respect Symbol.
Designed by Marcus Lee Design
for Cancer Council NSW.

Quitline 13 7848

Cancer Council NSW would like to thank Quit Victoria,
NorthWestern Mental Health, Orygen Youth Health and
EACH for allowing us to adapt and reproduce this resource.



Cancer Council
Tackling Tobacco