



FOREVER
FREE[™]

A Guide
To Remaining
Smoke Free



Smoking,
Stress, & Mood

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This is the sixth booklet in the Forever Free series. This booklet covers the link between stress, mood, and smoking. It focuses on why stress and unpleasant moods can make you want to smoke. It also lists some ways to deal with stress.

What Causes Stress?

Stress is what we have when life gives us challenges. There are many ways that we may be challenged. Perhaps we have to change the way we live (like when we get a new job or have a baby). Perhaps we have to solve a problem (like finding ways to pay bills). Perhaps we have to get a task done in a short amount of time (like when the boss wants our report first thing in the morning). Perhaps we have to make a hard choice (for example, whether or not to have surgery). When we are challenged we may have stress. These challenges are called *stressors*.

Stressors come in all shapes and forms. Major events that happen to us are one type of stressor. The list below shows some types of major life events that most people would find stressful.

Some Major Life Events (Stressors)

Death of a family member.
Jail sentence.
Partner is not faithful.
Bankruptcy.
Fired from job.
Miscarriage or stillbirth.
Divorce.
Unwanted pregnancy.
Serious illness.
Demotion.
Lawsuit.
Poor grades.
Fights with boss.
Move to a new place.
Menopause.
Retirement.
Child leaves home.
Birth of child.
Marriage.
Pregnancy.