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SMOKING & MENTAL HEALTH

We all know that stopping smoking improves physical health. Quitting also boosts your mental health and wellbeing. Research has shown that instead of helping people feel calm, smoking actually increases anxiety and tension. Nicotine creates an immediate sense of relaxation, so smokers often believe that it reduces stress and anxiety. This feeling of calmness is temporary and soon gives way to withdrawal symptoms and increased cravings.

You are more likely to quit smoking if you plan ahead, have support and choose the right time. Your attempt is less likely to work if you are feeling unstable, experiencing a crisis or undergoing significant changes in your life.



Cigarette smoking is more common among adults with mental health conditions than in the general population.



Smokers with mental health conditions get sick, become disabled, and die early from smoking-related diseases.



Smoking cessation programs are important. Many smokers with mental health conditions want to quit smoking.



The doctor may reduce the dosage of some medicines used to treat mental health problems after you quit smoking.



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