

# Inova TobaccoNET

## Chat & Stats Session 4

# Congratulations

- You have reached Session 4 and are getting closer to **QUIT WEEK!**
- Now is the time to build areas of healthy escape into the stressful portions of your life
- In this session, you will learn the basics about stress and what you can do to combat it

# What is Stress?

- Stress is what you feel when you are overwhelmed or have to handle more than you are used to
- It is your body's way of rising to the occasion with increased focus, stamina, strength and alertness
  - Feel like you have too many demands
  - Lose sleep worrying about work, presentations, tests
  - Think you miss smoking or dipping

# Good Stress & Bad Stress

- Good Stress is normal and useful
  - It can help to motivate and keep you on your toes
- Bad Stress is also called distress
  - Causes tension and contributes to different diseases/disorders
- With both good and bad stress, your body reacts with a Fight or Flight Response

# Fight or Flight Response

- This response is the set of physical and emotional changes the body makes in response to a threat or stressors (*the items that cause stress*)
  - Increased heart rate & blood pressure
  - Rapid breathing
  - Increased sweating
  - A sudden rush of strength
  - Slowed digestion
  - Dilated pupils



# Effects of Stress

- If the stress response happens too often or lasts too long, it can have harmful effects
  - Headache
  - Upset stomach
  - Back pain
  - Trouble sleeping
  - Weight gain or loss



# Causes of Stress

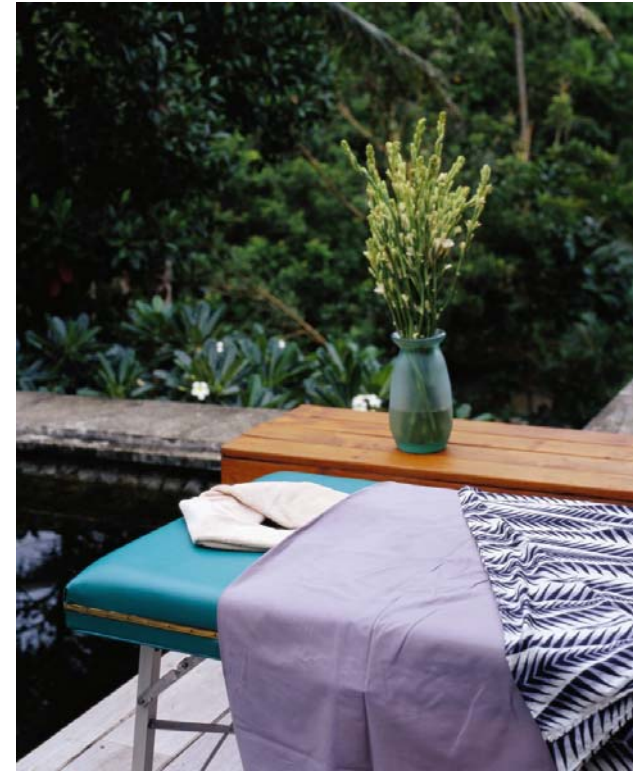
- Health problems or chronic illness
- Emotional problems: such as depression or uncontrolled anger
- Relationship problems: in that you have no one to share your feelings with or feel you have too few friends
- Your surroundings: if you live in a dangerous or overcrowded area
- Coping with family members who are under a lot of stress

# Causes of Stress

- Your job: if you are unhappy with your work or if your work is dangerous or too demanding
- Your life situation: dealing with such things as money problems, loneliness or discrimination
- Life cycle transitions and developmental changes: marriage, giving birth, retirement, menopause, quitting tobacco

# Managing Stress

- To Manage Stress:
  - Figure out what is causing stress in your life
  - Look for ways to reduce the amount of stress (coping skills)
  - Learn healthy ways to relieve stress (relaxation skills)



# Cause of Your Stress

- There can be as much stress in the preparation for quitting tobacco as there is when you actually quit
- Remind yourself that you are ready for the challenge of quitting - you have the desire, skills and tools



# Reducing Stress

- To help you be successful, begin practicing the following skills:
  - Build in Healthy Breaks
  - Visualize
  - Expect Success
  - Write It



# Healthy Breaks

- For many, tobacco provides a break in the action
- Pick a healthy activity for that break now
  - You often had to walk to the place designated for tobacco use ~ walk again, but in the opposite direction of the tobacco queue
  - If you enjoyed the company of the other tobacco users, find a supportive person (non-user) who will help you out by walking with you

# Visualize

- Conjure up a mental picture of you in the best tobacco-free situation
  - Jogging effortlessly
  - Being close to another person and not worried about having the tobacco smell
  - Unwrinkled, healthy, vibrant
  - Attending your child's graduation
- Your best personal reason for quitting will be your most effective visualization

# Expect Success

- Researchers have found that people who expect to be successful at quitting have a better chance remaining successful at the sixth and twelfth month past their quit date
- Raise your motivation and expectation levels



# Write It Down

- Many successful non-users credit their success to keeping a tobacco journal in the early days following their quit date
  - Examine feelings about quitting
  - If you don't enjoy writing, don't journal
- Tally your tobacco-free days on a calendar
- Build a reward into both of these processes to give yourself a pat on the back for a job well done!

# Ways to Relieve Stress

- Adequate Sleep and Rest
  - 7 to 9 hours a night
- Self-Massage
  - Especially head, neck, and shoulders
- Deep Breathing
  - See the tipsheet: 'The Relaxing Sigh and Breathe'
- Meditate or Pray



# Finding Stress Relief

- Communicate and Get Support
  - Practice expressing your point of view without blaming anyone else
  - Before you go into a tense situation, practice what you will say
  - Listen to what the other person is saying
    - ~ if it is not clear, go over it again
  - Seek help from your share buddy or a boss, pastor, friend, counselor, psychologist, support group, etc.

# ...And More

- Problem Solve
  - Seek ways to prevent or solve problems
  - e.g. prevent traffic stress by leaving earlier for appointments
- Find a hobby that is fun and stress relieving for you
  - e.g. reading, walking, watching movies, exercising

# Resilience to Stress

- Build your resilience by working on these attitudes and behaviors:
  - Think of change as a challenging and normal part of life
  - See setbacks and problems as temporary
  - Believe that you will succeed
  - Take action to solve problems

# Next Steps

- Return to Session 4
- Read the Tipsheets
  - *The Relaxing Sigh and Breathe*
  - *Stress Management Tips*
- Work on your personal activity for the week

