



JANUARY 2021

SMOKING & MENTAL HEALTH

We all know that stopping smoking improves your physical health. Quitting also boosts your mental health and wellbeing—it can improve mood and help relieve stress, anxiety and depression. Most smokers say they want to stop, but continue because smoking seems to relieve stress and anxiety. Some believe that smoking helps them relax. But smoking actually increases anxiety and tension.

When smokers haven't had a cigarette for a while, the craving for another one makes them feel irritable and anxious. These feelings are temporarily relieved when they light up a cigarette; so smokers associate the improved mood with smoking. In fact, it's the effects of smoking itself that's likely to have caused the anxiety in the first place.



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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