

3 Tips To Overcome Stress While Quitting Tobacco

PIVOT

YOUR LOGO

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The #1 reason we find that people in the Pivot program smoke is due to stress. Part of the experience of being a Pivot user is working with a real human coach who's specially trained in tobacco cessation to help you fight stress smoking. Our coaches have compiled a few tips on how to overcome stress for people who are trying to quit smoking or reduce.

When you feel all the pressure life throws at you, it's natural that your first reaction may be to reach for a cigarette to take the edge off.

But did you know that smoking can leave you feeling more stressed? As it turns out, quitting smoking is associated with a decrease in stress. Next time you're feeling the pressure try one of these three tips to fight stress smoking and overcome stress!

As part of your benefits [company name] provides the Pivot program for help with quitting or reducing tobacco. Pivot is available at no charge for [eligibility language and tobacco surcharge messaging if applicable].



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Go to account.pivot.co/partner
to enter the code **TEST123**.

Move the Body

Whether it's using your brain or body muscles, any kind of movement can help you reach a calmer state of mind. Science has shown that adding 10 minutes of movement of any kind can boost your endorphins and release those feel-good hormones.

Studies have reported short periods of movement can actually reduce the urge to smoke. So find an activity or movement that you enjoy and get those 10 minutes in today.

Relax the Mind

Your brain is a powerful muscle. When you experience stress, your brain makes a choice to fight or flee the situation. You can help regulate this part of your brain called the amygdala by practicing small forms of meditation.

Taking a few deep breaths can be an effective tool to reduce stress, anxiety and increase your brainpower. Some simple ways to start – place your hand on your stomach, breathe in through your nose for 3 counts, breathe out through your mouth for 5 counts and repeat as needed.

Nurture Yourself

With a never-ending to-do list, it can be hard to stop and take care of yourself without feeling selfish. But guess what – it's NOT. You can't help others or be great if you are not taking care of yourself too.

You can start by first building your ability to be resilient AKA the ability to bounce back when life throws punches. Guard up by committing to at least 1 small self-care practice per weekday and 1 larger gift to yourself on the weekend.



MOVE THE BODY

-  Spend 10 min standing
-  Stretch the body
-  Go for a walk outside



RELAX THE MIND

-  Take deep breaths
-  Meditate
-  Put on a face mask



NURTURE YOURSELF

-  Listen to music
-  Journal about your day
-  Make your favorite meal
-  Call a loved one