

# World No Tobacco Day 2022: How to deal with the stress of quitting...

**World No Tobacco Day: You may need to smoke when you are anxious.**



World No Tobacco Day 2022: Why do you want to smoke? Are you angry? Feel bored? Tired? Or for joy? You may experience all of these feelings related to smoking, but stress and anger can be different causes for smoking. The urge to smoke may increase when you are also anxious. You may feel that smoking is necessary for your peace of mind. But instead of reducing stress, smoking increases it. In addition, due to technological interventions in health care today, people can now undergo genetic testing to determine their nicotine dependence and predisposition to lung-related diseases. This will help them quit smoking and make lifestyle changes to reduce risk, if any.

It has been observed that due to the Covid-19 epidemic, millions of smokers have quit smoking. The reason behind this is that the risk of covid is higher in smokers. Smoking is dangerous for the flu, including respiratory diseases. Smoking weakens the immune system against viral infections. Around 60% of smokers globally want to quit, but only 30% of people globally have access to quality cessation services.

(Read this: 'This' fruit is very beneficial for diabetics, it regulates blood sugar)

According to Indus Health Plus, 7% of people continue to smoke and about 3% of people have smoked in the past but no longer smoke. Research on tobacco use has shown that 8% of people used to use tobacco and 2% of people no longer use tobacco products. It's hard to understand how to deal with stress without smoking, especially if you're quitting for the first time. But with a few tools and some control, it will be less difficult than you might expect.

## **Here are some ways to make quitting less challenging:**

1. **Eat a well-balanced diet:** The body needs good quality energy, which eliminates toxins from the body. Smoking depletes many nutrients and vitamins, so it's important to focus on a well-balanced diet.
2. **Drink enough water:** Water can help you quit smoking. Water helps in rapid detoxification and can also act as a vacuum buster. Staying hydrated is good for the body.
3. **Cut down on caffeine:** When you quit smoking, coffee or caffeinated sodas can increase your anxiety and stress. You can also go back to drinking coffee after quitting completely, but that amount may not be the same as before.

(Also Read: Diabetes Symptoms: Here Are Five Diabetes Symptoms, Get Your Blood Sugar Test Today)

4. **Take a warm bath:** Bathing is a great way to calm down and relax. Make some candles, use scented bath soap, and enjoy a soak in the tub. Research has shown that bathing regularly improves mental and physical health. Taking a hot bath can reduce fatigue and irritability, two common symptoms of nicotine addiction.

5. **Get a massage:** Your body tends to keep tension in the muscles, so it may be better to get a good massage to relieve stress. Ask your partner for a massage to help relieve muscle tension. A full body massage is great, but a 10-15 minute neck, shoulder, face and scalp massage can also be great. You can also use automatic massage tools like massage guns or massage cushions.

6. **Get enough sleep:** The first few days after quitting smoking can be stressful for both the body and the mind. Research has shown that quitting smoking will make you feel less tired. Research has shown that fatigue in smokers increases after six weeks and then decreases.

(Also read: What is the right time to eat watermelon? A bad time can affect the kidneys)

Your mind can make small problems bigger and, especially if you have no control over your emotions, it can turn every little thing into a complex problem. If you're having a bad day, stop and think again. Treat yourself well, engage in good deeds (or both), and don't get carried away by feelings of well-being. Tomorrow is a new day, you will feel better and you will be happy not to smoke again.

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