

Mood and Tobacco

People sometimes turn to tobacco when they feel down. They can also find it hard to quit when they feel down. And if they do quit, feeling down can get them to start using tobacco again. The good news? Research shows that people can feel better by doing a few key things.¹

Take Charge

Taking charge of your mood can help you quit tobacco for good. If you notice that you feel down, here are some things you can do to feel more in control:

- **Take action** – Do things you have been putting off for a while. Start small. For example, make a to-do list, clear a pile of papers or make a photo album.
- **Think different** - Talk back to negative thoughts. For example, change “I can’t do this” to “I can do this. Just keep trying.”
- **Be active** – Get up and move around each day. Even a short walk or stretching can help you feel better.
- **Do things you enjoy** (or used to enjoy) – Start a new hobby or pick up an old one. Do things like garden, listen to music, paint, or read.
- **Talk it over** – Talk, text, email, or chat online with friends or family that you trust. Tell them how you’re doing, and ask how they’re doing.
- **Give yourself credit.** Change can be hard. Give yourself a lot of credit for taking control!

Get Help

Get help from your doctor or county mental health agency if you:

- Feel sad, irritable, or tired
- Have changes in sleep or eating
- Feel like nothing is fun anymore

For more info please visit:

<http://smokefree.gov/depression-and-smoking>



Call for FREE help to quit!
1-800-300-8086

¹ Padesky, C. (2020) *The Clinician's Guide to CBT Using Mind Over Mood*, 2nd Ed.