



ADDICTIONS

QUIT THE CHEMICALS: DON'T SMOKE OR VAPE!

Both cigarettes and vaporizers contain hidden dangers that may cause cancer and other health problems.

These chemicals are commonly found in tobacco cigarettes and some brands of e-cigarettes:

- Acetaldehyde
- Diethylene glycol
- Formaldehyde
- Cadmium
- Toluene
- Acetone
- Butane
- Benzene

They're also used to make:

- Wood varnish
- Antifreeze
- Pesticides
- Batteries
- Paint thinners
- Nail varnish
- Gasoline
- Detergents

Just like smoking, vaping is a **BAD HABIT** that may harm your health. Kick both for better health.

For those of you who are considering stopping, we've put together these tips for coping when you've quit smoking.

Distract yourself.

Go for a short walk, make a cup of tea or coffee, talk to a friend, do a crossword puzzle, read a magazine, get a massage, listen to a song, clean your house. The list is endless. Just do something to keep your mind off smoking.

Drink water.

Have a water bottle at hand or add sliced lemon or strawberries to a jug of water and keep it on your desk during the day and it can help with the cravings.

Breathe.

When you are feeling particularly irritated, take deep breaths. Close your eyes and take 10 slow, deep breaths.

Exercise a little every day.

Even a 15-minute walk will work wonders to help you feel better and reduce cravings to smoke. It will also help with weight gain and boost your mood.

Get more rest.

Sleep is a great tool when you quit smoking. If you're tired and can manage it, take a nap. If you have insomnia, go for a long walk several hours before bed.