



## Daily ups and downs of smoking and how it affects your mood

If you smoke, your mood can go on a rollercoaster ride throughout the day, leading to moments of anxiety and discomfort.

### Nicotine Addiction Highs and Lows

The drug Nicotine is highly addictive, and smoking is the quickest way to get it into your brain. But here's the catch: Nicotine doesn't stay in your body for long. So, addicts have to keep smoking to maintain their Nicotine levels.

### Stress Relief Myth

Some people believe smoking helps them relax and cope with stress. It might seem that way at first, but it's short-lived. After that initial feeling of relaxation, withdrawal symptoms kick in. These can include feeling grumpy, irritable, anxious, sad, having trouble concentrating, and craving another cigarette.

## Nicotine Rollercoaster

Picture your Nicotine levels like a rollercoaster. When you smoke, your levels shoot up, giving you a "hit." But it quickly drops below the comfort line, and you enter a withdrawal period. This is when you start feeling uncomfortable and anxious, so you reach for another cigarette. The cycle repeats.

## False Relief

Smoking might seem like it helps with anxiety, but it's a quick fix for Nicotine withdrawal, the anxiety created by cigarettes. In fact, Nicotine addiction creates more moments of stress during the day as your body craves the drug. It doesn't really reduce genuine stress because it does not tackle the root cause.

## The Way Out

Quitting smoking is the real solution. It breaks the cycle of addiction, reduces stress, and improves your overall well-being.

## Get Help

If you want to quit smoking, reach out to a stop-smoking specialist. They can support you in breaking free from tobacco addiction, feeling more comfortable, and escaping the anxiety rollercoaster



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01983 642369



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