

## Handle Your Anger

Some people use nicotine to dull their anger. There are better ways to cope.

### Learn to release anger in a safe way.

Take time out and get away from the situation. Take 20 deep breaths. Walk, run, ride a bike or swim it off. Go someplace private and scream. Cry if necessary.

**Notice other feelings behind your anger.** Hurt, insecurity, guilt or sadness are often covered up by anger.

**Try talking to a friend** or writing in a journal or book to help you understand your feelings. If you feel angry a lot, talk to a counselor.

**Act before you get angry.** Pause if you are feeling uneasy, disappointed, irritated, anxious or frustrated. These feelings usually appear before anger. Figure out why you are upset and what you can do about it.



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## Respect Your Feelings

Some people smoke because they feel low or depressed. There are better ways to combat the blues.

### Do small, simple things for yourself.

Take a bath, call a friend, listen to music or watch a funny video. Let yourself cry if you feel like it.

### Take care of your self-esteem.

Remember three (3) of the nicest compliments you have received. Give yourself a pep talk. Try to keep a positive perspective.

**Use common sense.** Eat healthy foods, get enough sleep and practice safer sex. Limit alcohol, sugar or other substances that can weaken your immune system.

**Know when to get help.** If you find you are depressed much of the time, talk to a counselor or therapist.



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## Using the Steps

**There's no reason to smoke.** People use nicotine to cope with all sorts of stresses and difficult feelings but there are better, healthier options.

By using these five (5) steps to handle challenges, you can lead a happier, tobacco-free life.

### Remember:

- ⊗ Addiction to nicotine happens quickly.
- ⊗ Understanding why people smoke can help you make a wise decision not to smoke.
- ⊗ You can find healthy ways to handle anger, anxiety and stress.
- ⊗ Staying smoke-free is worth it!



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Never  
Smoking

**Most people who try cigarettes for the first time do not plan on becoming smokers.**

Unfortunately, addiction to nicotine happens very quickly.

If you understand why people smoke and know how to take care of yourself without using nicotine, it is easier to avoid the smoking trap.

These five (5) steps can help you keep from smoking if you are ever tempted to start.

### **5 STEPS TO NEVER SMOKING**

- (1) Decide not to smoke.**
- (2) Build your confidence.**
- (3) Deal with stress.**
- (4) Handle your anger.**
- (5) Respect your feelings.**



## **Decide Not to Smoke**

**Gathering information, then making a conscious decision not to smoke is the first step.**

**Many smokers do not like:**

- ⊗ The smell of smoke on their clothes, breath or skin.
- ⊗ The loss of control—feeling that they have to smoke.
- ⊗ Coughing, being short of breath, worrying about cancer and getting sick more often.
- ⊗ Spending lots of money on cigarettes.
- ⊗ Others do not like to be around smoke.

**But they still smoke because:**

- ⊗ They want to be part of a group.
- ⊗ Smoking helps them handle their worries and stress.
- ⊗ They smoke to deal with uncomfortable feelings and moods.

Once you decide you would rather not smoke, you can learn other ways to take care of yourself.

## **Build Your Confidence**

**Many smokers start smoking for social reasons.** Feeling confident in social situations can make it easier to refuse a cigarette if it is offered.

**Plan things to talk about *before* you go to a party.** You can get into or start up a conversation about the things you are interested in: movies or books you like, sports you play or watch, music, bands or entertainers you enjoy listening to.

**Keep your hands and mouth busy.** If you need to relax, try chewing a gum or sugar cane. Sip a soda or fiddle with your jewelry.

**Be a good listener.** Many people are nervous at parties. Putting others at ease can take your mind off your own shyness. You can:

- ⊗ Find out what kind of music they like.
- ⊗ Ask them questions about themselves.
- ⊗ Ask for their opinion about something.
- ⊗ Learn as much about them as you can.

## **Deal with Stress**

**Many smokers use cigarettes to help them handle worries and stress.** But you have better options. Taking care of yourself is a better way.

**Change jitters into energy.** If you feel nervous, use it as a fuel to work out, start or finish a project, clean your house or do something new and challenging.

**Do something to relax you for 10 minutes each day.** You can stretch, meditate, listen to a relaxation tape or do yoga. Walk in beautiful surroundings. Soak in the tub or listen to calming music.

**Be physically active.** Run, ride a bike or bicycle, swim or even hike. Join a sports club or team or a gym. Take a walk at lunch time.

