

4 Myths about Tobacco Use and Your Mental Health



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Feeling anxious and stressed? You may think that smoking or vaping helps reduce unpleasant feelings. But that's a myth.

Here are 4 truths about tobacco use, stress, and anxiety.

1

MYTH ▶ Smoking reduces stress.

TRUTH ▶ Smoking can actually cause stress.



Regular use of cigarettes leads to brain changes that make it harder to relieve stress. Within a short time, virtually every smoker feels increased stress, anxiety and possibly feelings of depression due to continued smoking and dependence on nicotine. It may feel like a smoke helps take the edge off, but it's really just feeding this cycle of increased stress due to smoking itself.

2

MYTH ▶ Vaping makes you less anxious.

TRUTH ▶ Stress and anxiety can actually trigger vape cravings...



and make it harder to quit for good.

3

MYTH ▶ Quitting smoking will make you feel worse.

TRUTH ▶ Numerous studies show that within 2 weeks of stopping tobacco use, stress, anxiety, and depression all improve.



Plus, increased lung function and higher energy make it easier to be active, get or stay fit, and enjoy hobbies.

4

MYTH ▶ When you feel anxious and want to smoke or vape, you are on your own.

TRUTH ▶ You have free access to an active online community...



of current and former smokers and vapers, who have advice and motivation to support tobacco users, wherever they are in their quit. Plus, employees can chat live with experts, too.

There has never been a better or more urgent time to stop using any and all tobacco. Sign up for EX today and gain free access to:



Live chat coaching with experts



Patches, gum, or lozenges delivered to your home



A thriving online community of peers



Personalized texts and emails, and more!

We're here for you. We'll give you the skills and confidence you need, when you're ready, on your own terms. No need to pick a quit date. You don't even need to be ready to quit to join.

Get started today at Go.TheEXProgram.com/JimEllis