



# The Effects of Stress and Smoking

## Information for First Nations, Inuit, Métis and Urban Indigenous Peoples

- Stress is a disruption in your body's balance. Stress can be both good and bad. Exercising can be a good stress, however driving in traffic or bad weather can be a bad stress.
- When you have long-term stress, it can be damaging for your body. When you smoke, it is an added stress on your body.
- People who are stressed sometimes smoke to cope.
- The nicotine in cigarettes cover up these stressful feelings and can be very addictive. Research shows that nicotine can have long-term negative effects that cause further stress on the body.
- When you smoke, the nicotine can damage how blood flows in your body and increases your heart rate and blood pressure.
- Smoking can also cause your muscles to tense and lower the amount of oxygen in your body, especially your brain, which can affect how you cope with stress.
- When your body reacts and you deal or cope with that stress in a healthy way, you build stress resiliency which over time allows you to respond in a positive way.

For more information visit [tobaccowise.com](http://tobaccowise.com)

Need this information in an accessible format?

1-877-280-8538, TTY 1-800-855-0511, [info@ontariohealth.ca](mailto:info@ontariohealth.ca)

Document disponible en français en contactant [info@ontariohealth.ca](mailto:info@ontariohealth.ca)

**Smoking may feel like it is relaxing when you are stressed, but it is doing more long-term damage to your body and how it handles stress.**

### Ways to deal with stress:

- Take a walk
- Take some deep breaths
- Share how you're feeling with a friend or family member

**Stress is a normal part of life; we want to learn ways to help cope in a healthy way.**

**Find what works for you, be aware of what makes you feel stressed and find some supports to help you through the quit journey.**



Indigenous Tobacco Program  
[tobaccowise.com](http://tobaccowise.com)



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