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February 2019 Newsletter

Center for a Tobacco-Free Finger Lakes (CTFFL)
(Funded by NYSDOH, Bureau of Tobacco Control)

Serving: Chemung, Livingston, Monroe, Ontario, Seneca,
Schuyler, Steuben, Wayne & Yates counties

Our Goal: Working with Medical Health Systems and Mental Health Systems to establish sustainable tobacco interventions.

Contact Connie Bottoni at connie_bottoni@urmc.rochester.edu if you wish to receive or stop receiving this monthly newsletter. If you prefer to receive this newsletter electronically rather than via a fax, contact Connie at the e-mail address above.

For resources and archived newsletters visit our website at www.smokingresearch.urmc.edu

COPE WITH STRESS WITHOUT SMOKING **Managing Stress Is Key To Quitting Smoking.**

Breathe: Take a few slow, deep breaths—in through your nose, out through your mouth. You will feel your body start to relax.

Locate Your Stress: Take a minute to figure out how stress affects your body. Where do you feel tension in your body? Finding ways to reduce that tension will also help your mental stress. A warm bath, a massage, or stretching can help you release built-up tension.

Visualize: Think of a place where you feel safe, comfortable, and relaxed. Picture it as clearly as you can, including imagining what you would feel, hear, and maybe even smell if you were in that relaxing place. Let yourself enjoy being there for a few minutes.

Exercise: Being active sends out natural chemicals that help your mood and reduce your stress. Sometimes a short walk is all it takes to relieve stress. And walking is free!

Talk: You don't have to deal with stress alone. Share your feelings with friends, family, and other important people in your life who are able to support you in staying smoke free.

Focus: Life can sometimes be overwhelming. Try not to get caught up in worrying about what's next. Instead, try to focus on what is happening now, not what you might have to deal with in the future.

Care: Make an extra effort to take care of yourself. This includes basic things like eating a balanced diet, drinking lots of water, and getting enough sleep.

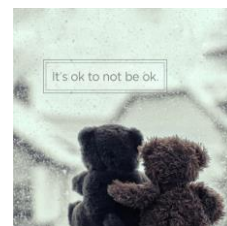
"Cigarette Companies Control The Impact And Delivery Of Nicotine In Many Ways, Including Designing Filters & Selecting Cigarette Paper To Maximize The Ingestion Of Nicotine, Adding Ammonia To Make The Cigarette Taste Less Harsh And Controlling The Physical & Chemical Make-Up Of The Tobacco Blend." (CDC.gov/quit)



Smoking contributes to heart disease and stroke.



One of the best things you can do for your health is to stop smoking.



Quitting is tough, and you will probably have some bad days. It's okay to struggle, just keep going.

Ready to quit?

Talk to your doctor, or
contact the New York State
Smokers' Quitline.

(866) 697-8487
www.nysmokefree.com

For more information or to schedule a CTFFL tobacco intervention training, contact:
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Tobacco Users and Providers can contact the NY State Smokers' Quitline or visit their website for support and resources.
1-866-697-8487 or their website www.nysmokefree.com.