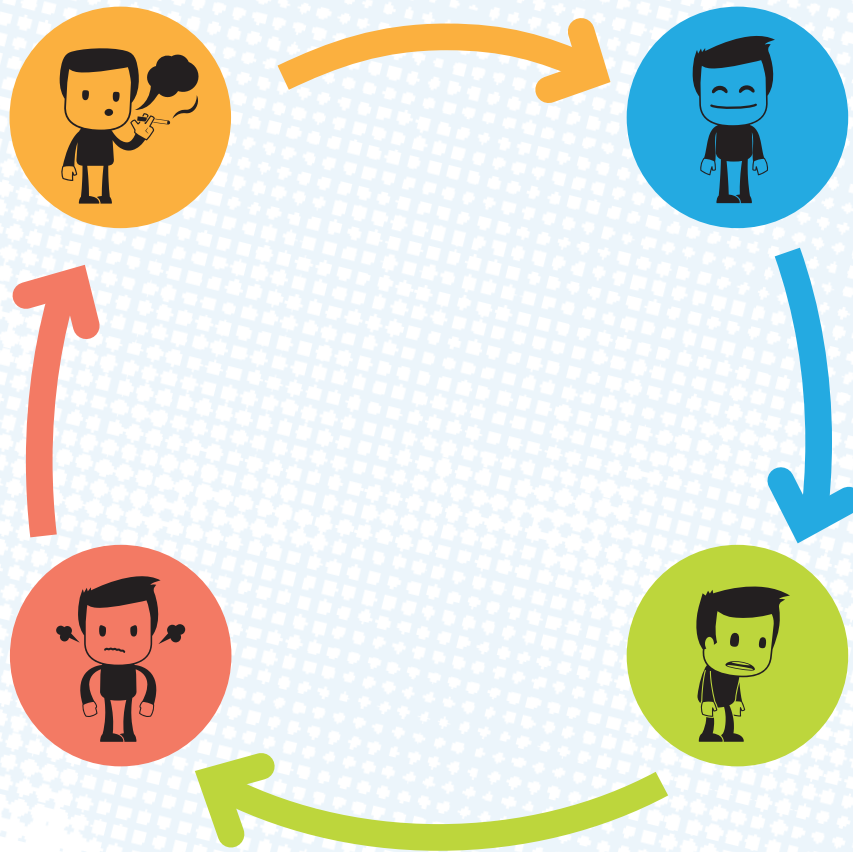


# The stress cycle of smoking

Did you know smoking actually causes stress? Here's how:

**1.** When you light up a smoke, it tops up your nicotine levels.

**2.** Your nicotine withdrawal symptoms (like irritability, anxiety and restlessness) are immediately relieved, making you feel relaxed – but only temporarily.



**4.** Once your nicotine levels have dropped even more, you begin to experience withdrawal symptoms, causing you to feel tense and irritable.

**3.** Soon after you've finished having a smoke, your nicotine levels begin to fall – leaving you craving another smoke and starting to feel anxious.

The good news is, within just a day of stopping smoking, almost all the nicotine is out of your bloodstream, breaking the stress cycle of smoking! Plus after six weeks or more you are likely to feel less stressed, anxious and/or depressed.

For more benefits of quitting visit [www.quit.org.au](http://www.quit.org.au) or call Quitline (13 7848).

**Quitline 13 7848**

**quit.org.au**

