

Benefits of Quitting Smoking

Quitting smoking will:



- Improve the quality of your life
- Improve circulation and lung function
- Make climbing stairs easier
- Lower your risk of diabetes
- Help wounds to heal more quickly
- Reduce the amount needed of some medications, including some psychiatric medications
- Improve the health of your family and friends
- Set a good example for your children
- Save you money
- Provide more employment options
- Make you smell and look better

Many people that smoke want to quit:

- Quitting smoking can be hard, but there are ways to make it easier.
- Using quit-smoking medications and counseling support can make you more than twice as likely to quit for good!
- It is never too late to quit.
- You can quit smoking! Check out the “Smoking Cessation Resource Guide” for more information and resources.

What You Can Do To Stay Healthy

Stay healthy at any age. Remember to:

- Eat healthily
- Be physically active
- Manage stress
- Quit smoking
- See your doctor for a yearly physical
- Maintain a healthy weight
- Control your cholesterol, blood pressure, and blood sugar
- Get at least 7 hours of sleep nightly

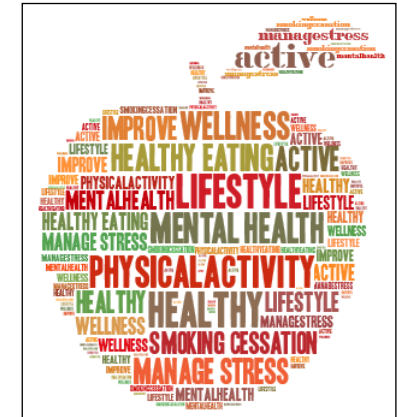
Additional steps to take:

- Talk to your health care providers about your health and your concerns.
- Include in your recovery plan ways to quit smoking, eat healthily, be active and manage stress.
- Visit the UMass Department of Psychiatry Wellness Webpage for more information to help you reach your health goals.

www.umassmed.edu/psychiatry/wellness.aspx



Overall Health is Important to Mental Health



Improve the quality of your life!

Quitting smoking, being active,
healthy eating and managing stress
can help your body and mind!

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Benefits of Managing Stress

When it becomes difficult to cope with life's challenges, we may start to show signs of stress, such as:

- Headaches
- Muscle tension
- Fast heartbeat
- Panic attacks
- Low self-esteem
- Depression
- Fatigue
- Anger
- Phobias
- Overeating
- Drinking or smoking
- Sleep problems
- Obsessive behavior



Ways to reduce or eliminate the negative signs of stress include:

- Meditation
- Deep breathing
- Guided imagery, visualization
- Tightening and relaxing muscles

For more information and resources to better manage stress check out the [“Improve Your Health Through Better Stress Management”](#) brochure.

Benefits of Healthy Eating

The foods we choose to eat and the way that they are prepared affect our physical and mental health.

Good nutrition can:

- Increase energy
- Balance mood
- Increase feelings of well-being
- Help manage chronic conditions, such as diabetes and migraine headaches
- Improve sleep
- Help control weight
- Decrease the risk of heart disease, stroke, and some types of cancer



Remember to:

- Fill half your plate with fruits and vegetables
- Drink fat free (skim) or 1% milk
- Eat more whole grain foods
- Vary your protein sources - for example substitute pinto or black beans for meat in chili or tacos
- Choose foods with less sugar and salt
- Pick unsaturated fat (olive, canola or safflower oil) over saturated or trans fat
- Eat the right amount of calories for you
- Drink plenty of water

Benefits of Physical Activity

30 minutes of physical activity each day can:

- Improve mood
- Decrease stress hormones
- Decrease anxiety
- Increase energy
- Improve attention
- Improve sleep
- Increase heart and lung capacity
- Improve bone density
- Increase muscle strength
- Decrease the risk of heart disease, stroke, and many types of cancer

Examples of physical activities:

- Walking briskly
- Mowing the lawn
- Dancing



Any activity that increases heart rate is considered physical activity.

Being physically active is proven to help:

- Treat depression
- Control weight

For more information and resources on nutrition and physical activity check out the [“Healthy Weight Management Ideas for You”](#) brochure.