

## 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
- Support your recovery from alcohol and other drugs
- Improve the health of your family and friends
- Set a good example for your children
- Save you money
- Provide more employment options



Many people that smoke want to quit:

- Quitting smoking can be hard, but there are ways to make it easier.
- People who use support and quit-smoking medicines together are three times as likely to quit for good!
- It is never too late to quit.

## What You Can Do To Stay Healthy

Stay healthy at any age. Remember to:

- Eat healthily
- Quit smoking
- Manage stress
- Be physically active
- 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/resources/wellness/](http://www.umassmed.edu/psychiatry/resources/wellness/)

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UMass Psychiatry Wellness Initiative

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



Managing stress can reduce or even eliminate these negative effects.

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

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

## 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 (or three, 10-minute blocks) of physical activity each day can:

- Improve mood, lesson depression
- Help control weight
- Decrease stress and 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:



- Walk briskly
- Mow the grass
- Dance
- Take the stairs instead of the elevator
- Park at the far end of the parking lot and walk
- March in place during TV commercials
- Get off the bus one stop early and walk the rest of the way

Any activity that increases heart rate is considered physical activity.