

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/

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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.