



5 Things About... QUITTING-SMOKING MYTHS

Don't let these myths impact your decision to quit.

Quitting smoking is not easy but it is possible.

#1

I will gain weight: Heavy smokers can gain 5 to 10 lbs during the first 2 months, however, this can be managed by adding more activity into your day and following a healthy diet.

#2

Smoking helps me manage stress: When nicotine levels in the brain drop, the brain starts demanding more, which can be interpreted as stress. Exercise or interacting with friends can help relieve stress.

#3

I have smoked for too long; it is too late to quit: Quitting smoking at any age will improve your health. Right away, your heart rate and blood pressure will decrease and your lung function will start to improve.

#4

If I quit, my energy level will drop: Nicotine is a stimulant that boosts energy for a short period of time. Quitting smoking will increase your energy levels in the long run, as it will improve your lung function, blood flow and oxygen levels.

#5

The only way to quit is "cold turkey": To be successful, quitting requires a plan, an understanding of nicotine addiction, adopting a positive attitude to smoke-free living, use of supports, and building the skills to manage nicotine withdrawal.

We look forward to welcoming you to our smoke-free campus in the fall 2021.



**SMOKE-FREE
CAMPUS**

Fall 2021

Visit uwindsor.ca/smokefreecampus for more information, resources and supports.

Sources listed online.

Scan me!

