

DEPRESSION (FEELING THE BLUES)

WHAT IS GOING TO HAPPEN?

When you have feelings of sadness/depression you will want to smoke, thinking that it will make you feel better. Even though, deep down you know that a cigarette is only a temporary answer.

Having that cigarette will only make you feel worse in the long run and you may become even more depressed, because you could not stick with your decision to quit.

HOW OFTEN?

A prior history of depression may cause you to have more severe withdrawal symptoms. Some studies have found that 17-30% of people with a prior history of major depression will have a new major depressive episode after quitting. ***So you must be prepared!***

Mild depression may occur, usually starting within the first 24 hours, continuing through the first 1-2 weeks, and will usually go away within a month.

WHAT TO DO?

How do you feel when you are depressed? Identify your specific feelings at the time that you appear to be "depressed." Ask yourself if these feelings could be tiredness, loneliness or boredom?

Set up a game plan for what you will do with all the money you have saved from not smoking. Write it down and refer to it frequently.

Make plans, such as a lunch date with a friend, movie or some other form of non-smoking activity.

What upsets you or triggers your depressive feelings? Write these things down in one column and in another column write down the solutions for each.

Enlist support and encouragement from family and friends.

NICOTINE'S AFFECT ON THE BODY

Nicotine is a highly addictive drug, just like heroin and cocaine. It is both a stimulant and a depressant. Nicotine affects key arousal areas of the brain and central nervous system, therefore, affecting your mood.