

Stopping Smoking and Stress

Many people use smoking as a way of dealing with stress. Here are some hints, tips and suggestions which may be useful when exploring stress with your clients:

- ◆ Help your client identify causes of stress and if there are ways to minimise them.
- ◆ Discuss how they could commit only to what they can cope with. Could they say 'no' more often?
- ◆ Help them to prioritise and focus on one job at a time; stress the importance of planning ahead.
- ◆ Encourage and model positive thinking; try not to let minor hassles become big problems.
- ◆ Find out what makes them laugh!
- ◆ Help them identify how they like to relax and make time for themselves.
- ◆ Suggest the use of physical activity, relaxation tapes and exercises, such as the one described below) to relieve pent up energy and tension.

Suggest your client takes 5 minutes out for themselves:

1. Sit in a comfortable chair and rest your hands in your lap.
2. Close your eyes and notice your breathing.
3. Notice where your body is in contact with the chair.
4. Allow your weight to sink down. Let your shoulders drop. Allow yourself to feel heavy and take up as much space as possible.
5. Enjoy doing nothing for as long as you like (or can spare!)