

12 Tips to help you eliminate stress and stressful living.

1. Get out of town

Maybe taking a vacation seems like running away when you're stressed out, but if you're consumed with anxiety about smoking, a calming change of scenery can help. A week, weekend or even a day to yourself can give you a new perspective.

2. Work out

Exercise the tried-and-true way to good physical and mental health. Whether you're into sports, jogging, weights or leisurely walks, try making daily exercise a way of life. You'll look better, feel better and beat stress.

3. Express yourself

Talk about your stop-smoking worries and concerns. It's a terrific way to clear your mind and reduce stress. Find a friend or a therapist who you can trust. Or try keeping a journal. Moving negative thoughts out of your head and onto paper can release a lot of the chaos you may be feeling.

4. Read

Stories, whether real or imagined, can give you a fresh perspective on your feelings and help you connect with others. At the very least, reading can put your stress on hold by getting you out of your head for a while.

5. Breathe deeply

When the cravings strike, go back to the basics. Inhale to a slow count of ten, and exhale at the same speed through your nose. Before you respond to a situation, deep breathing can help you mentally prepare.

6. Carve out some "Me Time"

Each day, plan to do something for yourself – just for the sheer fun of it. Even if you only have 30 minutes, don't let anything stop you from enjoying yourself. You deserve it.

7. Learn to say "no"

Set expectations for yourself – especially around the workplace – and communicate them clearly. Try to find a healthy balance between work and play. When personal requests and invitations become a burden instead of being enjoyable, it is time to say "no."

8. Simplify your life

Throw out those old files. Organize your closets. Even cleaning the garage can take unnecessary weight off your mind. Mental clutter gets in the way the job at hand—staying smoke free.

9. Eat sensibly

Eliminate the sugar highs and inevitable "crashes" from your diet. High fat, high sugar foods throw your metabolism out of whack and may lead to weight gain—another symptom of stress you don't need right now.

10. Realize that smoking doesn't ease stress—it causes stress

Compelling medical and scientific evidence points to nicotine from cigarettes as a cause of psychological stress. Instead of helping you relax, smoking seems only to wipe away the negative emotions and feelings of nicotine withdrawal. It's a fact: Smokers are simply more stressed-out than non-smokers.

11. Be proactive

Putting off stressful events only makes more stress. Try settling troubling situations as they occur. Take a look at your work habits. Getting things done quickly and confidently can give you a sense of accomplishment.

12. Build a support group

Try working out stressful situations with friends, family or co-workers. Holding in frustration will only intensify your pressure.