

What people see

17% of young adults smoke



83% are smoke-free



## Behaviours and norms

83% are at risk of taking up an unhealthy coping mechanism to deal with life transitions

What people don't see

## Life transitions

Leaving home / living independently  
Caring or parenting responsibility  
Starting training or an apprenticeship  
Meeting new people / having a social life  
Searching for or starting a new job

## Pressures and opportunities:

Making or having money  
Forming new relationships  
Greater responsibility  
Body image  
Alcohol or drugs  
Sexuality

Although it may feel relaxing, smoking actually increases stress on the body and the brain. In surveys people who smoke report being less happy than those who do not - and people who stop smoking report that they feel happier afterwards.

## Here are ways that being smoke-free can help you to achieve more

### 1 Be happier

Not smoking has well known benefits to your physical health, and stopping smoking is also linked with improvements in mood and the symptoms of depression, anxiety and stress.



### 2 Be fitter

Physical activity reduces feelings of stress, it boosts self-esteem and improves sleep. It also releases a feel-good hormone called dopamine. Even non-strenuous exercise can have a positive effect on our mood.



### 3 Be better off

Managing your money is really important, debt and financial difficulties are very stressful - a person who smokes a pack of 20 per day will save about £250 per month if they no longer smoke.

