

Stress and Nicotine

Stress is a normal reaction for everyone. However, if a person continues to experience stress over an extended period it can have severe side effects on their body: Including an increased risk for anxiety, depression, digestive problems, headaches, heart disease, high blood pressure, stroke, problems sleeping, and more.

Nicotine has been shown to create a similar response when introduced to the body for an extended period. Including constricting blood vessels, increasing heart rate, and even causing the potential release of cortisol, which is a hormone that makes you feel tense, hyper-alert, and on-edge. Nicotine also can rewire a person's brain, which causes the brain to signal stress when nicotine is not present in a person's body. This causes a person to crave nicotine to reduce that stressful feeling.

In short, using tobacco and vaping products that contain nicotine increases stress levels.

Scan the QR code to learn more.



The Cycle of Nicotine Dependency

