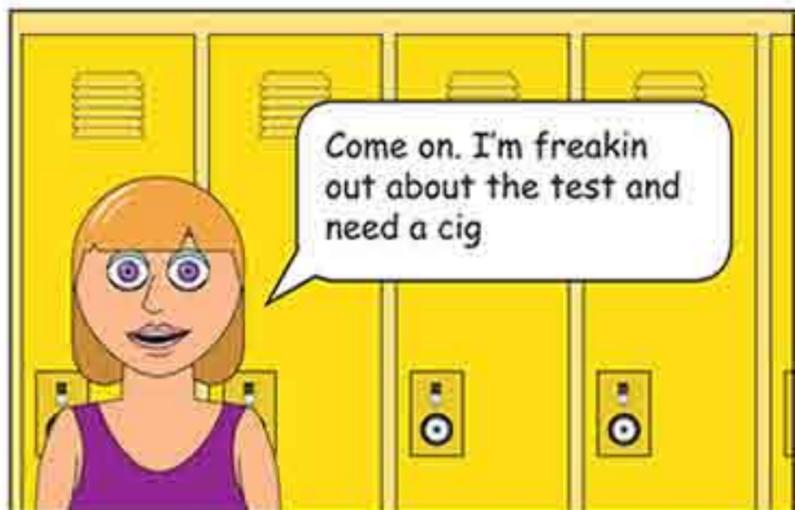


TRIGGERS: STRESS

Issue 2



If stress triggers you to smoke, try to find another way to de-stress. Exercise is a great way to get your endorphins up and your stress down. Also, try talking to someone. If that's not your thing — choose one person you trust and ease into it! Stress doesn't have to be your downfall.

