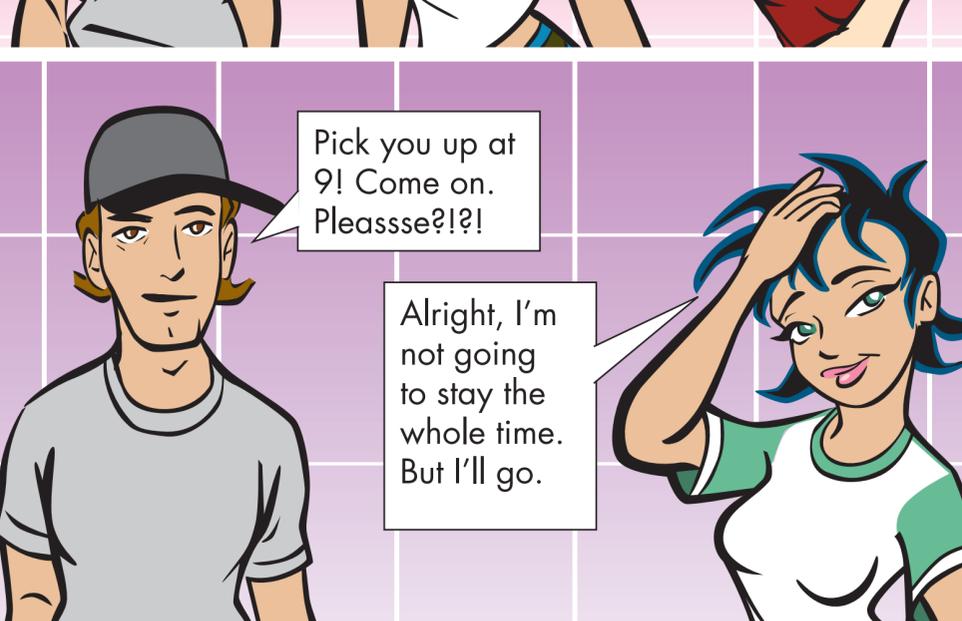
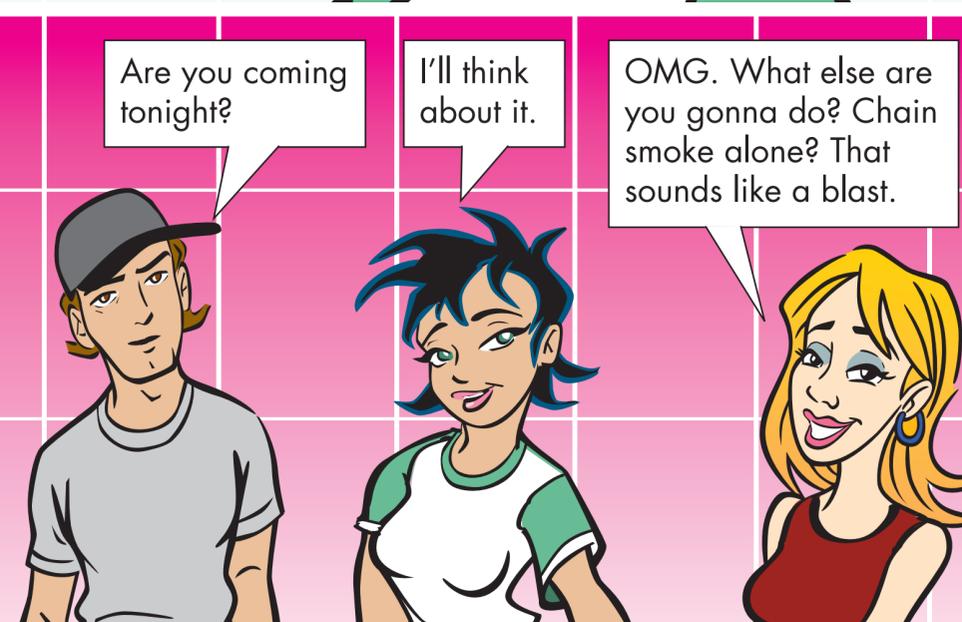
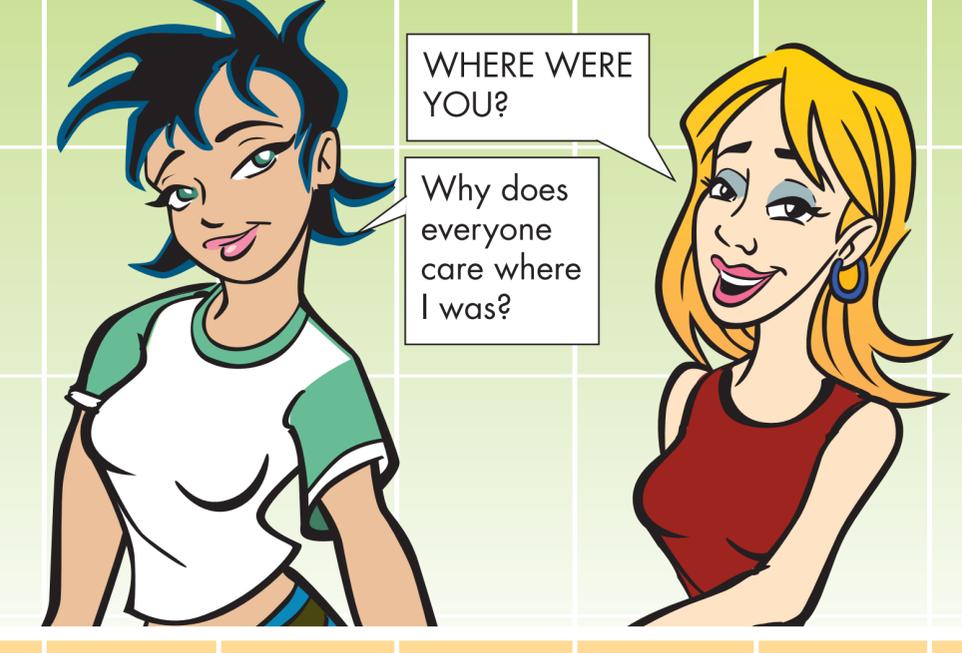


TRIGGERS: FEELING DOWN ISSUE 9



Let's review: Feeling blue? Can't put a finger on what's going on? It can be tempting to turn to cigarettes when you are in a funk, but smoking will only add to your problems. Resist the urge to hide out and mope. Do something, even if you don't really feel like it! The next time someone asks you to go somewhere, say "yes" instead of saying "no." Or try doing some of the things you used to enjoy doing—just make sure they're smokefree. At first, it may feel like you are just going through the motions, but over time, you will likely notice an improvement in your mood. Now is also a good time to lean on your friends. If you don't feel like opening up, then just be out and part of the group. When you feel ready, talk to friends you trust. Friends can be a great sounding board and offer a new point of view.

