

Frequently Asked Questions

常见问题



Managing Stress When Stopping Smoking or Vaping

停止吸食普通香烟或电子烟时的压力管理

It's easy to get into the habit of smoking or vaping when you feel stressed. Nicotine Dependence means you can feel stressed and anxious when you crave nicotine. The relief you feel from smoking or vaping is relief from nicotine withdrawal symptoms.

当你感到压力时，很容易养成吸食普通香烟或电子烟的习惯。尼古丁依赖意味着当你渴望尼古丁时，你会感到压力和焦虑。吸食普通香烟或电子烟带来的解脱无法将你从尼古丁戒断症状中解脱。

Here are some things to try if you are feeling down, stressed, or anxious.

如果你感到沮丧、压力或焦虑，可以尝试以下方法。

- Use Nicotine Replacement Therapy (NRT) or other quit medications to help you manage your nicotine withdrawal symptoms.
使用尼古丁替代疗法 (Nicotine Replacement Therapy, 简称 NRT) 或其他戒烟药物来帮助你控制尼古丁戒断症状。
- Take deep breaths.
深呼吸。
- Learn and practice some relaxation techniques.
学习并经常使用一些放松技巧。
- Connect with purposeful activities such as hobbies, work, or volunteering.
从事爱好、工作或志愿服务等有目的的活动。
- Close your eyes and imagine you're in a peaceful place.
闭上眼睛，想象自己身处一个宁静的地方。
- Exercise to feel happier.
通过锻炼身体来让自己感觉更快乐。
- Have a warm bath or stretch.
洗个温水澡或者做个伸展运动。
- Talk to friends, family, or a counsellor.
接受自己会有好日子和坏日子的事实，但要相信戒烟后你会更健康、更快乐
- Connect with friends, community, family, pets, culture, or spirituality.
与朋友、家人或咨询师交谈。
- Focus on what you're doing or do work with your hands.
集中精力于你正在做的事情或做一些需要用双手完成的事情。
- Cut back on caffeine, which will likely help you feel calmer.
减少咖啡因的摄入，这可能会帮助你感觉更平静。
- Seek help with financial troubles or relationship issues.
寻求帮助以解决财务困难或人际关系问题。
- Help someone else to take the focus off cravings and feel happier.
通过帮助别人来让注意力从自身的渴望上移开，从而感到更快乐。
- Accept that you'll have good and bad days but be healthier and happier for quitting

Those who have quit report an improvement in their mood. The hardest time is a week or two after quitting. Stay strong! It will pay off.

戒烟者表示，他们的情绪有所改善。刚开始戒烟的一两周是最难熬的时期。保持坚定！一定会有回报的。

Weight Changes When Stopping Smoking or Vaping

停止吸食普通香烟或电子烟后体重会发生变化

Why do I put on weight when I stop smoking or vaping?

为什么在我停止吸食普通香烟或电子烟后体重会增加？

- Smoking and vaping can speed up your metabolism, so your body burns calories faster.

吸食普通香烟和电子烟可以加速你的新陈代谢，所以你的身体会更快地燃烧卡路里。

- Stopping can make your metabolism return to normal so that you may need fewer calories.

停止吸烟会让你的新陈代谢恢复正常，这样你所需要的卡路里就会减少。

- Smoking and vaping can suppress your appetite. Some people find they smoke or vape instead of eating at regular mealtimes.

吸食普通香烟和电子烟会抑制食欲。有些人发现他们会在正常用餐时间吸食普通香烟或电子烟而不是吃饭。

- Your taste and smell can improve when you quit, so food can start to taste better. This can mean you feel like eating more.

戒烟后，你的味觉和嗅觉会得到改善，食物的味道会开始变得更好。这意味着你会想吃更多东西。

- You may mistake nicotine cravings for feeling hungry or eat to distract yourself.

你可能会误以为对尼古丁的渴望是饥饿感，或者通过吃东西来分散自己的注意力。

- You may replace your 'hand-to-mouth' action with snacking on food instead.

你可以用吃零食来代替“抬手往嘴里送烟”的动作。

Will I put on weight when I quit?

我戒烟后体重会增加吗？

- Not everyone gains weight when they stop smoking or vaping. Some people even lose weight because they have a healthier lifestyle after quitting.

并非每个人在停止吸食普通香烟或电子烟后体重都会增加。有些人甚至会因为戒烟后生活方式更健康而出现体重下降。

- On average, those who gain weight put on about 3-6 kilograms.

体重增加的人平均会增加约 3-6 公斤。

- Research shows that the average body weight of ex-smokers is similar to people who have never smoked.

研究表明，戒烟者的平均体重与从未吸烟的人相似。

How can I reduce weight gain when I quit?

戒烟后我该如何减少体重增加的量？

- Keep your metabolism high by doing regular exercise
定期锻炼，保持高速的新陈代谢
- Prepare healthy snacks such as fresh fruit and vegetable sticks
准备健康的零食，如新鲜水果和蔬菜条
- Eat smaller meal sizes
少食多餐
- Drink water to keep hydrated
喝水以保持水分
- Chew your food slowly and enjoy each mouthful
慢慢咀嚼，享受每一口食物
- Use Nicotine Replacement Therapy to reduce nicotine withdrawal symptoms
使用尼古丁替代疗法来减轻尼古丁戒断症状