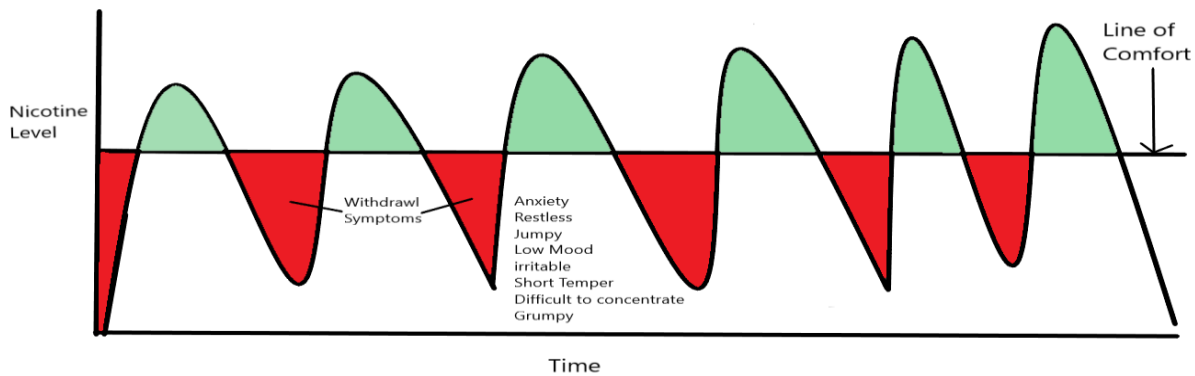


Daily Nicotine Fluctuation & the Impact on Mental Health



The image above shows the impact of tobacco addiction through the day and illustrates how a smoker's nicotine levels fluctuate as they smoke a cigarette. It is the delivery of nicotine through tobacco smoke which makes it addictive as this is the fastest way of delivering nicotine to the bloodstream. Nicotine has a short half-life which requires smokers to regularly smoke to maintain levels.

The person has a craving, then has a cigarette and feels better as dopamine is released, but then as time passes the nicotine level drops, they enter withdrawal and become more uncomfortable so have a cigarette and the cycle continues.



Many people believe that smoking helps relieve stress, which can be a problem when it comes to stopping smoking. However, the feeling of relaxation is temporary and soon gives way to withdrawal symptoms and increased cravings, so although smoking reduces withdrawal symptoms, it does not reduce anxiety or deal with the underlying causes. Smoking is not an effective means of managing stress, and the cause of most uncomfortable feelings is the nicotine withdrawal caused by the cigarettes.

Examples of withdrawal symptoms could be feeling grumpy, irritable, anxious, low mood, lack of concentration, short-tempered, upset, restless and twitchy.

Your stop smoking specialist can help you break free of tobacco addiction, feel more comfortable and escape the anxiety roller coaster.

https://ash.org.uk/uploads/ASH-Factsheet_Mental-Health_v3-2019-27-August-1.pdf?v=1650639072