

Frequently Asked Questions

常見問題



Managing Stress When Stopping Smoking or Vaping

停止吸食普通香煙或電子煙時的壓力管理

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.

當你感到壓力時，很容易養成吸食普通香煙或電子煙的習慣。尼古丁依賴意味著當你渴望尼古丁時，你會感到壓力和焦慮。吸食普通香煙或電子煙帶來的解脫無法將你從尼古丁戒斷症狀中解脫。

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

如果你感到沮喪、壓力或焦慮，可以嘗試以下方法。

- Use Nicotine Replacement Therapy (NRT) or other quit medications to help you manage your nicotine withdrawal symptoms.
使用尼古丁替代療法 (Nicotine Replacement Therapy, 簡稱 NRT) 或其他戒煙藥物來幫助你控制尼古丁戒斷症狀。
- Take deep breaths.
深呼吸。
- Learn and practice some relaxation techniques.
學習並經常使用一些放鬆技巧。
- Connect with purposeful activities such as hobbies, work, or volunteering.
從事愛好、工作或志願服務等有目的的活動。
- Close your eyes and imagine you're in a peaceful place.
閉上眼睛，想象自己身處一個寧靜的地方。
- Exercise to feel happier.
鍛鍊身體來讓自己感覺更快樂。
- Have a warm bath or stretch.
洗個溫水澡或者做個伸展運動。
- Talk to friends, family, or a counsellor.
與朋友、家人或諮詢師交談。
- Connect with friends, community, family, pets, culture, or spirituality.
與朋友、社區、家人、寵物、文化或精神性建立聯繫。
- Focus on what you're doing or do work with your hands.
集中精力於你正在做的事情或做一些需要用雙手完成的事情。
- Cut back on caffeine, which will likely help you feel calmer.
減少咖啡因的攝入，這可能會幫助你感覺更平靜。
- Seek help with financial troubles or relationship issues.
尋求幫助以解決財務困難或人際關係問題。
- Help someone else to take the focus off cravings and feel happier.
幫助別人來讓注意力從自身的渴望上移開，從而感到更快樂。
- Accept that you'll have good and bad days but healthier and happier for quitting.
接受自己會有好日子和壞日子的事實，但要相信戒煙後你會更健康、更快樂。

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.

戒煙者表示，他們的情緒有所改善。剛開始戒煙的一兩周是最難熬的時期。保持堅定！一定會有回報。

Weight Changes When Stopping Smoking or Vaping

停止吸食普通香煙或電子煙後體重會發生變化

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

為什麼在我停止吸食普通香煙或電子煙後體重會增加？

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

吸食普通香煙和電子煙可以加速你的新陳代謝，所以你的身體會更快地燃燒卡路里。

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

停止吸煙會讓你的新陳代謝恢復正常，這樣你所需要的卡路里就會減少。

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

吸食普通香煙和電子煙會抑制食慾。有些人發現他們會在正常用餐時間吸食普通香煙或電子煙而不是吃飯。

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

戒煙後，你的味覺和嗅覺會得到改善，食物的味道會開始變得更好。這意味著你會想吃更多東西。

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

你可能會誤以為對尼古丁的渴望是飢餓感，或者透過吃東西來分散自己的注意力。

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

你可以用吃零食來代替「抬手往嘴裡送煙」的動作。

Will I put on weight when I quit?

戒煙後我的體重會增加嗎？

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

並非每個人在停止吸食普通香煙或電子煙後體重都會增加。有些人甚至會因為戒煙後生活方式更健康而出現體重下降。

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

體重增加的人平均會增加約 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，戒煙者的平均體重與從未吸煙的人相似。

How can I reduce weight gain when I quit?

戒煙後我該如何減少體重增加的量？

- Keep your metabolism high by doing regular exercise
定期鍛鍊，保持高速的新陳代謝
- Prepare healthy snacks such as fresh fruit and vegetable sticks
準備健康的零食，如新鮮水果和蔬菜條
- 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
使用尼古丁替代療法來減輕尼古丁戒斷症狀