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Subject: Re: Smoking and Anxiety  
Posted by [Kingfish](#) on Sat, 10 Dec 2016 18:32:05 GMT  
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Smoking doesn't help. It may seem like it calms you, but try quitting and you'll see just how tired and lazy you become when you first start the act of not smoking. After a day you can light up again and you will feel a little energized.

Smoking tends to calm you and energize you at the same time.

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