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Subject: Smoking and Anxiety

Posted by [Ssal](#) on Thu, 08 Dec 2016 10:33:40 GMT

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Does anyone here suffer from anxiety? If so, can you tell me if smoking makes the condition worse? Or is it all in my mind?

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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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Subject: Re: Smoking and Anxiety

Posted by [Thaddeus](#) on Sun, 11 Dec 2016 16:00:57 GMT

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I always thought that smoking calmed people down. I know a lot of people that smoke and it seems like they are never anxious about anything. I've never been a smoker myself so I really can't speak from experience.

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Subject: Re: Smoking and Anxiety

Posted by [Cortney](#) on Tue, 13 Dec 2016 10:02:19 GMT

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I think smoking generally calms you down, but if you already suffer from anxiety and you feel that smoking is bad for you or that you need to stop the habit, then it will only serve to aggravate your condition.

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Subject: Re: Smoking and Anxiety

Posted by [drake](#) on Mon, 16 Jan 2017 13:41:16 GMT

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It might be true that smoking calms people's nerves but is this ever a long-term solution? I get anxious at times, but even though I have smoked before, I never looked at it as a cure for my anxiety. It was more of being experimental but I never got addicted.

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