

吸烟的危害

物理

Smoking is **harmful** to the human body.

Whether you **smoke actively** or are **exposed to secondhand smoke**.

The air pollutants **released** by smoking can **linger** for days, **posing significant harm**.

According to text 1

People who can't avoid breathing it in may develop coughing and trouble breathing, **and furthermore**, long-term exposure can lead to serious lung diseases such as **asthma**

心理

Smoking can have negative effects on mental health, including increasing the risk of **anxiety and depression**.

According to text3

Long-term smoking can lead to **'nicotine dependence** in the brain, which can affect mood and mental well-being. Additionally, **smokers often experience stress and mood swings** as their bodies **crave** more nicotine to **relieve withdrawal symptoms**, leading to **emotional instability and psychological distress**.

吸烟对心理的危害包括增加焦虑和抑郁的风险。长期吸烟可能导致大脑对尼古丁的依赖，形成成瘾，进而影响情绪和心理健康。此外，吸烟者常常会经历压力和情绪波动，因为他们的身体需要更多的尼古丁来缓解戒断症状，这可能导致情绪不稳定和心理困扰。

二手烟

Vulnerable Groups at Greater Risk

Children, pregnant women, and individuals with pre-existing health conditions are especially vulnerable to the effects of second-hand smoke. It can lead to developmental issues in children, low birth weight in babies, and worsen conditions like asthma.

易受影响群体的更高风险

儿童、孕妇以及有既往健康问题的人群尤其容易受到二手烟的影响。二手烟可能导致儿童发育问题、婴儿出生体重过低，且会加重哮喘等疾病。

尼古丁上瘾的原理

Many people turn to tobacco to relieve stress.

很多人用来舒缓压力

Tobacco has the known addictive substance--nicotine

烟草中有一位有名的令人上瘾的物质--尼古丁

When you take it in small

Truly bring you pleasant feeling and distract user from the unpleasant feelings, however it starts to **wear off within a few minutes**

当你少量摄入时，会给你带来愉悦的感受，同时使你从不好的情绪中走出，然而，它将在一段时间后消失

After a period of smoking.

You will start feeling irritable again, which makes you want to smoke once more.

一段时间后，你会重新感受到烦躁，从而想要再次吸烟。

As a result, you gradually develop a dependence on tobacco, **for not only becoming physically dependent on nicotine, also strongly emotionally depend on it.**

因此你会逐渐形成对烟草的依赖

尼古丁戒断的方法

According to text 4

1. 制定戒烟计划 / Make a quit plan

提前思考并规划如何应对烟瘾发作，以便在烟瘾来临时能够有效管理。

2. 分散注意力 / Distract yourself

通过做其他事情、练习正念以及记住戒烟的原因来保持对戒烟目标的专注。

3. 识别并避免触发因素 trigger / Know your triggers

烟瘾和吸烟的想法可能由你周围的人、你去的和你所遇到的情况触发。在戒烟后至少暂时避免这些触发因素，
Maintain a supportive environment for quitting smoking.

4. 尝试戒烟药物 / Try a quit smoking medication

如果尼古丁戒断症状难以应对，尼古丁替代疗法或处方戒烟药物可以帮助缓解这些症状。可以咨询医疗保健提供者，了解哪种药物最适合自己的。

5. 保持积极态度 / Keep a positive attitude

戒烟过程中可能会感到烦躁或情绪不稳，但要记住戒烟对健康是有益的，并坚持戒烟承诺。

6. 改善睡眠质量 / Improve sleep quality

7. 提高专注力 / Improve concentration

8. 释放紧张能量 / Release restless energy

9. 准备健康零食 / Keep healthy snacks handy

10. 关注健康而非体重 / Focus on health, not weight

一些举措抑制烟草

Personal Perspective:

Increase Awareness.//Join Support Groups.//Create a Plan.//Find Alternatives: Replace smoking with healthy behaviors.//Create a Smoke-Free Environment: Avoid smoking areas and encourage others.

Government Perspective:

Enhance Public Education.//Increase Tobacco Taxes: Make tobacco products more expensive.

Regulate Advertising: Limit tobacco ads, especially targeting minors.

Enforce Smoking Bans.//Provide Cessation Support.//Health Warnings on Packaging: Use graphic health warnings on tobacco products.

青年人吸烟原因

1. 周围有朋友或者 parents smoke around them

只是想要尝试或者觉得酷

2. tobacco （梅花音）industries adopt advertising, price breaks, or Entertainment channel to attract people

边缘群众戒烟难的原因（问因素 factors ）

教育水平影响：教育水平较低的人群吸烟率较高，他们可能缺乏戒烟的知识和资源。

经济障碍：经济状况较差的人群可能难以承担戒烟治疗费用，且经济压力可能使他们更依赖吸烟。

心理健康因素：患有严重精神疾病的人群吸烟率更高，他们戒烟的难度也更大。

社会边缘化：社会边缘群体的健康问题往往被忽视，他们缺乏获取健康信息和资源的途径。

年轻人对于吸烟

Higher awareness and education / tobacco control initiatives

E-cigarettes, marketed as a less harmful option, have gained popularity among teenagers, despite potential long-term health risks.//Mental Health and Stress