**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.

Accoring 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 nocotine，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。

1. 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。

1. 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、你去的地方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.

1. 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。

1. 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

1. 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