

## **Knowing how to relax** **15/12/2005**

You don't smoke but sometimes, when you see your friends or colleagues chatting together with a coffee and a cigarette, you want to join in...

The **"cigarette" break**, the cigarette you smoke to relax, to have a break between two lessons, two meetings, is particularly **dangerous** because it's **unconscious** and automatic; it doesn't even correspond to a moment of pleasure but to a habit. The important thing is to **know how to relax without turning to any drug**, and to smoking in particular. While your friends and colleagues get together around a cigarette, make the most of this lapse of time to do something "just for you": read, make a phone call, re-do your make-up, do some limbering up exercises...

**The cigarette doesn't provide well-being or relaxation. It's an illusion. In a moment of stress or intense activity, smoking is essentially equivalent to a way out, while the non-smoker will really know how to relax without needing artifice.**

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