

## **Persuasive Essay About Smoking Cannot Relieve Stress**

Smoking is often touted as a way to reduce stress. Many people light up after a stressful day at work, or when they feel overwhelmed with life's demands. But this apparent "cure-all" for stress does more harm than good in the long run. Here are three persuasive arguments against smoking to relieve stress.

First, smoking has a host of negative effects on your physical health. Regular smokers are at higher risk for cancer, emphysema, and heart disease. Even if you only light up periodically when feeling stressed, the long-term effects can still be severe. As an alternative to smoking to relieve stress, consider exercise or yoga. These activities provide a much healthier outlet for stress relief, and will actually improve your physical wellbeing.

Second, smoking does not address the root cause of stress. Smoking may temporarily alleviate symptoms like anxiety or irritability, but it does nothing to help you get to the bottom of why you're feeling stressed in the first place. Whether it's a difficult task at work, relationship disagreements, or financial woes, smoking will not help you solve these problems. Instead of distracting yourself with nicotine, take some time to analyze your stressors and come up with real solutions.

Finally, smoking is an expensive habit that takes away from more valuable uses of your money. Cigarettes are not cheap, and each time you light up you're spending money that could be going toward something more meaningful. Consider putting the cash aside for a vacation, or investing it in stocks to prepare for retirement. This will give you a much greater sense of accomplishment than smoking ever will.

In conclusion, smoking cannot truly relieve stress in the long run. While it may provide a temporary distraction from life's problems, smoking is not good for your physical or financial health, and does nothing to actually address the root cause of stress. There are much better ways to de-stress - such as exercise, yoga, or simply taking some time to analyze your worries and come up with real solutions. Don't rely on smoking to help you cope - it will only do more harm than good in the end.