



# Give smoking *and vaping away*

Workplaces thrive when their workers do.

Many workers tell us they smoke or vape to relieve their stress, but, did you know cigarettes and e-cigarettes can cause anxiety symptoms or make them worse?

Start a conversation about being smoke and vape free to help everyone in the workplace reduce stress and thrive.

**For support call the Be Smokefree Clinics at Barwon Health (1300 715 673).**