



Live  
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### **Stress & Drug Abuse**

Causes of stress can differ for each of us, and how a person responds to stress—by grabbing a drink, lighting up, or heading to the gym—plays a key role in how stress can impact our bodies and our lives. Stress can cause relapse to cigarettes, alcohol, and other drugs of abuse, even after long periods of abstinence.

For more information on stress and drug abuse, visit [www.drugabuse.gov/DrugPages/Stress.html](http://www.drugabuse.gov/DrugPages/Stress.html).

*Comments or inquiries?*  
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● NIDA: The Science Behind Drug Abuse ●

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