



Tips for Quitting Smoking

It's one of the most important things you'll ever do

- Are You Ready to Stop Smoking?
- Do you want to stop smoking?
- Are you willing to make changes in your daily routine to help you stop smoking?
- Are you willing to deal with some discomfort while trying to stop smoking?

If you answered "yes" to all the questions above, congratulations!

Get ready

- Set a date to quit.
- Get rid of ALL cigarettes, lighters, matches and ashtrays. Remember to look in your car and workplace.
- Don't let people smoke in your home.
- Review your past attempts to quit. Think about what worked and what did not.
- Once you quit, don't smoke. NOT EVEN A PUFF!

Line up support

- Tell your family, friends, and coworkers that you are going to quit and want their support. Ask them not to smoke around you or leave cigarettes out.
- Get individual, group or telephone counseling. The more counseling you have, the better your chances are of quitting.
- Call 800-QUIT-NOW or 800-784-8669 or online at smokefree.gov.

Learn new activities

- Try to distract yourself from urges to smoke. Talk to someone, go for a walk or get busy.
- Change your routine — use a different route to work; drink tea instead of coffee.
- Do something to reduce your stress — listen to music, talk to your friends or take a walk.
- Plan to do something enjoyable every day.
- Drink a lot of water.

Be prepared if you slip

- Be kind to yourself. Remind yourself of the reasons you want to quit and try again.

Try to avoid

- Alcohol — for many people, drinking and smoking go together.
- Other smokers — being around smoking can make you want to smoke.

Don't get discouraged. Many smokers gain weight when they quit but it is usually no more than 10 pounds. Eat a healthy diet and stay active. Both will help with weight gain and your mood. Don't let anything distract you from your goal of quitting smoking!

Cigarette smoke contains more than 200 poisonous chemicals.

