



*An Environment* beyond measure.



# Quitting Smoking:

## When you are ready, here are some tips to help.

Everyone knows that smoking is bad for health, but quitting may seem too difficult to try! Here are some tips to get YOU started on the road to becoming tobacco free:

1. You can't quit until you are ready, no matter how eager your loved ones are to have you stop smoking. You may have mixed feelings about quitting or even feel sad. Ask yourself, "Am I ready to quit, yet?" When you are ready, you will know.
2. Quitting smoking is the most important thing you can do for your health. Set yourself up for success. Take time to make a plan that will work. Do not try to quit on a whim. Failure to meet a goal can weaken your confidence to try again.
3. To be successful, set a quit day. Gather all your resources and supports. Plan to quit at a time of relatively low stress or when your life is under control.
4. When you first quit, you may experience withdrawal symptoms. Drink lots of liquids, especially ice water. Limit coffee, soft drinks or alcohol—they can increase your urge to smoke. Change your habits, distract yourself, get more exercise, take a nap, take a deep breath—whatever it takes to reduce your cravings.
5. If at first you don't succeed, try, try again! Most people make two or three serious attempts before becoming tobacco-free forever. If you have been successful in the past but returned to smoking, stop beating up on yourself. Try what worked again.
6. You can quit—millions, about half of all smokers in the U.S., already have.
7. Going "cold turkey" can work for some, but you don't have to quit alone. Don't be afraid to ask for help. We have many handouts and resources to assist you, and one of them—or combination of several—can work for you. For instance:
  - Nicotine replacement therapies can give your body a safer alternative to nicotine as you quit. There are also medicines that help decrease the desire to smoke. Talk to your doctor, healthcare provider or pharmacist about your options.
  - Behavioral counseling or education. A knowledgeable health professional can assess your individual needs and help you make a plan to address every aspect of your tobacco dependency: physical addiction to nicotine, habitual smoking and emotional aspects. Individual and group programs are available. Your health insurance may reimburse for this service.
  - Hypnotherapy and acupuncture can be very helpful ways to promote healing and body function. Find a reputable provider and be sure all your questions are answered to your satisfaction before proceeding.
8. Use the space below to make your plan for quitting:

I currently smoke \_\_\_\_ packs a day and it costs \_\_\_\_ per pack or a total cost of \_\_\_\_ per day.

I want to quit because: \_\_\_\_\_

\_\_\_\_\_

My quit day is: \_\_\_\_\_

My plan for quitting is: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_