

Fact Sheet 8—QUIT SMOKING

Take the Steps

Determine the Reason(s) You Smoke (*and tips to quit*)

“Smoking gives me more energy”

- Get enough sleep and rest
- Exercise regularly
- Take a brisk walk when you start to feel sluggish
- Drink lots of cold water
- Avoid boredom – stay active

“I like to touch and handle cigarettes”

- Pick up a pen or pencil and doodle
- Play with a coin or ring
- Put a plastic cigarette in your mouth
- Eat regular meals
- Take up a hobby that keeps your hands busy
- Snack on veggies, apple slices, or bread sticks
- Suck on hard candy (sugar-free)

“Smoking is a pleasure”

- Enjoy pleasures of being tobacco-free
- Spend some of the money you save on another kind of pleasure
- Remind yourself of health benefits

“Smoking helps me relax”

- Use relaxation techniques (deep breathing)
- Exercise
- Avoid or remove self from stressful situations
- Take time each day to relax
- Enjoy relaxation (hot bath, massage, soothing music)

“I crave cigarettes. I am addicted to smoking”

- Ask your doctor about using a nicotine patch or nicotine gum
- Smoke more than you want for a day or two before you quit
- Go “Cold Turkey” (do NOT taper because the moment you put one in your mouth you begin to crave the next)
- Tell family and friends you have quit
- Ask for help
- Get rid of ashtrays
- Avoid smoky places
- Hang up “NO SMOKING” signs
- Reminder: **physical** withdrawal lasts only about 2 weeks

“It’s a habit”

- Cut down gradually
- Inhale less often and less deeply
- Change your smoking routines
- When you want a cigarette, **wait one minute**
- Be aware of every cigarette you smoke
- Set a date for quitting and stick to it

(Over please)

The Big Question – Will I gain weight?

- 1/3 lose, 1/3 gain and 1/3 stay the same
- **However**, you need to gain 75 pounds to equal the risk of heart disease from smoking.

Once you have determined a reason you smoke.....

- Review the three methods for quitting and use them together for best results
 - Nicotine patch or gum
 - Support group / quit smoking program
 - Learn how to handle urges and stress
- Set Quit Date
 - Review your past attempt(s) to quit and why they failed
 - Review the quitting process and know what to expect
 - Enlist support from friends/family
 - Change environment
 - Change habits
- On Quit Day
 - Change your morning routine
 - Stay busy
 - Carry other things to put in your mouth
 - Eat regular meals
 - Make a jar or baggie with healthy snacks