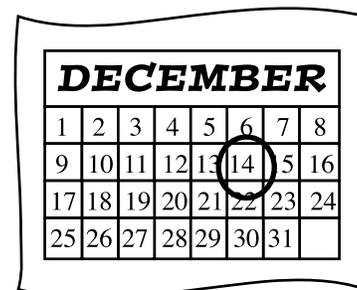


Tips To Quit Smoking

**Cigarette smoke contains more than 4,000 chemicals,
and 200 of them are poisonous.**

Get ready.

- Set a quit date. Pick a date within the next 2 weeks. Think about choosing a special day to you, such as your birthday or a holiday, if it's within 2 weeks.
- Throw away ALL cigarettes, lighters, matches, and ashtrays in your home, car, and place of work.
- Do not let people smoke in your home.
- Do not try to cut back on cigarettes by buying one at a time instead of buying the pack. This costs more money, and you can lose count and end up smoking more cigarettes.
- Review your past attempts to quit. Think about what worked and what didn't.
- Once you quit, don't smoke—NOT EVEN A PUFF! One cigarette can cause you to start smoking again.



Line up support.

- Tell your family, friends, and coworkers that you are going to quit smoking and want their help. Ask them not to smoke around you and not to offer you cigarettes.
- Get individual, group, or telephone counseling. The more counseling you have, the better your chances are of quitting.
- Meditate, chant, or think positively about quitting and breaking the smoking habit for good.
- Find out whether your church, faith community, or other community organization sponsors quit-smoking clinics or other activities that will support you in quitting smoking.

Find ways to relax.

- Try to distract yourself from urges to smoke. Talk to someone, go for a walk, or get busy with a task.
- 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 a friend, or walk around the neighborhood.
- Plan something enjoyable to do every day.
- Drink a lot of water when you feel the urge to smoke.

Tips To Quit Smoking *(continued)*

Use other quitting aids.

- Talk to your doctor or other health care provider. Consider using the nicotine patch, nicotine gum, nicotine nasal spray, or nicotine inhaler to help you stay off cigarettes.
- Check with your doctor about a medicine called bupropion SR. This medicine can help reduce your cravings for smoking.

Be prepared if you do not have immediate success.

- Avoid drinking alcohol. Drinking alcohol lowers your chances of success.
- Spend more time with friends who do not smoke. Being around smoking can make you want to smoke.
- Many smokers will gain weight when they quit, usually fewer than 10 pounds. Eat healthy and stay active. Do not let weight gain distract you from your main goal—quitting smoking.
- If you are in a bad mood or feel depressed, try a new activity. Take a walk, talk to a friend, or meditate to improve your mood.
- Be kind to yourself. Remind yourself of the reasons you want to quit. If you slip, do not be discouraged. Try again!