

# Tips To Quit Smoking

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

## ■ Get ready.

- Set a quit date.
- Throw away **ALL** cigarettes, lighters, matches, and ashtrays in your home, car, and place of work.
- Don't let people smoke in your home.
- 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.

## ■ Find ways to relax.

- Try to distract yourself from urges to smoke. Talk to a friend, 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, do aerobics, or dance to your favorite music.
- Plan something enjoyable to do every day.
- Drink a lot of water when you feel the urge to smoke.

## ■ Use other quitting aids.

- Talk to your doctor or other health care providers. Consider using the nicotine patch, nicotine gum, or nicotine spray 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 lowers your chances of success.
- Spend more time with friends who do not smoke. Being around smokers can make you want to smoke.
- Many smokers will gain weight when they quit, usually fewer than 10 pounds. Eat a healthy diet, and stay active. Don't let weight gain distract you from your main goal—quitting smoking.
- If you're 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!