

Kick the Tobacco Habit!



1. Know Why You Are Quitting

✓ Make a list of your reasons for quitting and post it on the refrigerator!

✓ Some possible reasons:

Because quitting is the BEST thing you can do for your health
So you can spend your cigarette money on something else
For the people who love you



2. Make A Plan

✓ Choose a quit date when you are not under stress

✓ Be aware of other habits that make you want to smoke like drinking coffee and sitting around after a meal

✓ Identify what you will do instead of smoking when the cravings hit

✓ Identify ways you will reward yourself for big AND small successes

3. Get Support From Others

✓ Ask your family, friends and co-workers not to smoke around you

✓ Ask someone to quit with you

✓ Spend more time visiting with non-smoking friends and family members

✓ Ask someone if you can call him or her for support when you get cravings

Smoking is a lot worse for your health than a few extra pounds!

Don't let the fear of gaining weight stop you from quitting.

- Drink extra water and keep low fat snacks within reach
- Try sugarless gum or hard candies
- Plan to go for a walk when you start craving either food or a cigarette

While You're Quitting

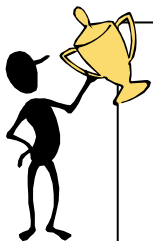
Keep Your Hands And Body Busy



- Do some stretches
- Learn to juggle
- Wash the car
- Play with a coin, pen, paperclip, piece of jewelry, or marble
- Try doodling – it's fun!
- Munch on carrots or celery
- Do projects that require more doing than thinking, like pulling weeds, planting flowers, or cleaning a closet

When You Want A Cigarette

- ✓ Listen to music, sing along, and wait out the urges
- ✓ Think about what your life will be like as a non-smoker
- ✓ Rewrite your list of reasons for quitting
- ✓ Call or visit with someone who doesn't smoke
- ✓ Go for a brisk walk
- ✓ Try deep breathing
- ✓ Count backwards from 100 slowly until the urge passes
- ✓ Hold out for 5, then 10, then 15 minutes
- ✓ Put a dime in a jar for every cigarette you DON'T smoke
- ✓ Treat yourself to a bubble bath or long shower
- ✓ Take a nap
- ✓ Read a book
- ✓ Learn a new hobby or work on a current one
- ✓ Learn how to meditate
- ✓ Play a computer or video game



Be Ready For Relapses

- Don't tell yourself you've failed, lots of people relapse
- Remember what worked while you were quitting and do it again
- Be proud of yourself. You've almost kicked the habit for good!