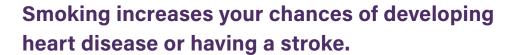
Tips to Quit Smoking





Get ready

- Set a quit date.
- Write down your reasons for quitting and your triggers.
- Plan how you'll respond to urges to smoke.
- Talk to your healthcare provider about using a nicotine patch or other medications to help you quit.
- Don't let people smoke in your home.
- Don't try to cut back by buying just one cigarette 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're going to quit and want their help. Ask them not to smoke around you.
- **Connect** with others who have quit. Hearing about other people's success can be a great motivator.
- Get individual, group, phone, or online counseling. The more counseling you have, the better your chances are of quitting.
- Try meditation, yoga, or other relaxation techniques (such as guided imagery).
 It might help you quit.
- **Find out** whether any local organizations sponsor quit-smoking clinics or other activities that will support you.

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.
- Try warm milk to help you relax at night.
- Reduce stress by listening to music, doing yoga, watching a show, or dancing to your favorite music—whatever works for you.
- Plan something enjoyable to do every day.
- Drink a lot of water when you feel the urge to smoke.

Contact

- Call the National Cancer Institute Smoking Quitline at 1-877-448-7848, or visit cancer.gov/contact.
- States also have quit lines with trained counselors. Call 800-QUIT-NOW (1-800-784-8669) to connect to your state's quit line.
- The websites <u>smokefree.gov</u> and <u>betobaccofree.hhs.gov</u> have many free resources to help you quit, including apps, a chat line, a motivational text service, and more.





