

Quit Smoking for a Healthier Future

Are you ready to quit?

Determine your readiness to quit. Select the statement below that best describes your situation:

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| You are not ready to consider quitting | <p>We're still glad you decided to read this flyer. We hope it will help you consider quitting sometime soon. In the meantime:</p> <ul style="list-style-type: none"> • Believe in yourself and your ability to quit. Think about the most difficult things you have ever done in your life and realize that you also have the guts and determination to quit smoking. • Keep pictures of the most important people in your life (parents, children, siblings, friends etc.) in your wallet to remind yourself of those for whom you want to live long and healthfully. |
| You are planning to quit during the next 6 months, but no quit date is set and you still feel ambivalent about quitting | <ul style="list-style-type: none"> • Write down why you want to quit on an index card and keep it with you (live longer, feel better, for your family, to save money, smell better, find a mate more easily etc.) • Set a Quit Date! • Taper to fewer cigarettes. • Keep a record of all cigarettes smoked. • Limit smoking to specific areas. |
| You plan to quit, and a quit date has been set in the next month | <ul style="list-style-type: none"> • Research and learn about methods of quitting. • Practice quitting for a day or two. Quitting tobacco takes time and knowledge so a practice attempt can be helpful. • Consult your doctor or EAP for a program recommendation. Support and guidance from a physician is a proven way to better your chances of quitting. • Plan for Quit Day. Have a ceremony to bury the last of your cigarettes on that day. • Find another smoker who is trying to quit and support each other. Or visit Internet bulletin boards and chat rooms for a "quit buddy." • Have your teeth cleaned. Enjoy the look and feel of them and plan to keep them that way. |
| You have quit today or during the previous 6 months | <ul style="list-style-type: none"> • Ask family and friends to support you even though you might be irritable while you quit. • Start exercising. Exercise is incompatible with smoking. It relieves stress and helps your body recover from years of smoking damage. Start slowly with a walk twice a week and build up to 30 or 45 minutes of rigorous activity three times a week or more. • Do a deep breathing exercise each day for several minutes to center and calm you. Breathe in through the nose. Hold for several seconds. Exhale through your mouth. • Visualize yourself as a non-smoker. In your mind's eye see yourself turn down a cigarette offered to you, see yourself enjoying exercise, see your lungs as clear, clean, large and capable of breathing, singing. Develop other non-smoking images that please you. • Celebrate your smoke-free state with a reward after two weeks—say a dinner out; then after four weeks a movie with a friend; after six months buy yourself something you have wanted. • Drink lots of water. It flushes nicotine and chemicals from your body, hydrates you, and fulfills some oral desires. • Learn what triggers your desire for a cigarette—such as stress, the end of a meal, arrival at work, or entering a bar. Avoid these triggers or plan alternative ways to deal with the triggers. • Find something to hold in your hand or keep your mouth occupied. |
| You have not used tobacco for more than 6 months | <ul style="list-style-type: none"> • CONGRATULATIONS! Keep up the good work. • You're not out of the woods yet. Statistics show that relapse is most prevalent within the first year. Use the tips above to help you keep your smoke-free status going. • Enjoy the NEW YOU! |

Remember: the most serious quitters have made 5 or more attempts. Persist!