



Tips to Quit Smoking

If you're trying to quit smoking, these tips may be helpful:

- Write down your reasons for quitting. Look at the list when you are tempted to smoke.
- Choose a "quit day." On that day, throw away all your cigarettes or cigars, lighters and ashtrays.
- Drink plenty of water.
- Keep your hands busy using a small stress ball or doing some needlework.
- Keep yourself occupied, too. Try **going for a walk** or doing chores to keep your mind off of cravings.
- Snack on some raw veggies or chew some sugarless gum to ease the need to have something in your mouth.
- Stay away from places, activities or people that make you feel like smoking.
- Ask your partner or a friend to help you quit. Call that person when you feel like smoking.
- Ask your health care provider about quitting aids such as patches, gum, nasal spray and medications.
- Don't start using these without your health care provider's okay, especially if you're pregnant.
- Don't get discouraged if you don't quit completely right away. Keep trying. If you can't quit, cut back as much as you can.
- Ask your employer to see what services are offered or covered by insurance.
- Learn about smoking cessation programs in your community or from your employer. You can get more information from you health care provider, hospital or health department.