



Quitting tobacco can be one of the most difficult things to accomplish—but you can do it! Following are some tried and true tips. We are not just blowing smoke...we believe one or more will work for you.

First Few Days

- The first few days are the toughest, especially if you are quitting cold turkey. Have a support system lined up. This can be a good friend, support group or a quit line you can call. You might feel irritable, depressed, slow and/or tired. Once you get past those first days, it will get easier.
- Clean your house. Once you've smoked your last cigarette, toss all of your ashtrays and lighters. Wash any clothes that smell like smoke, clean your carpets, draperies and upholstery. Use an air freshener. If you smoked in the car, you will want to clean it out too. A desire to maintain a clean, fresh smell can keep you from falling into old habits.
- Know your triggers and avoid them early on. Try to stay away from situations that normally make you feel like using tobacco, especially during the first three months, when statistic say you are most likely to start using again. Make a plan; write down your triggers and how you can manage each situation. If you smoked when you drank coffee, switch to tea, or if you smoked after meals, find something else to do, like take a walk, brush your teeth, talk with friends or work on a hobby.
- Avoid alcohol. When you drink, it is harder to stick to your no tobacco goal. Limiting alcohol when you first quit is important.

Get Prepared!

Find Your Reason for Quitting

It helps to have a powerful, personal reason to quit.

Talk to Your Primary Care Provider

They will be supportive of your goal to quit tobacco and they will have helpful ideas, suggestions and even medications that can help you quit.

Lean on Your Loved Ones

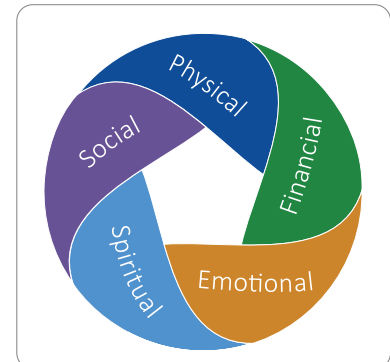
Tell your friends, family and others close to you that you are trying to quit. They can encourage you if you are tempted to light up. Joining a support group might help as well. Behavioral therapy can help you develop the skills you need to quit.

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More Tips

- If you are a social smoker, you may need to avoid social situations for the first few weeks, or plan activities with friends who don't use tobacco.
- Focus on a new hobby. Engaging in activities that reduce your stress makes success much more likely.
- Be active. Getting moving can help curb nicotine cravings and ease some withdrawal symptoms. It can also help with cravings and burn calories toward off weight gain.
- Eat fruits and veggies. Don't try to diet when you give up tobacco. Too much deprivation can backfire. Instead keep things simple and try to eat more fruits and vegetables, whole grains and lean protein. Drinking lots of water is helpful too.
- Don't give in to your cravings. You can do it! Every time you don't use tobacco when you have a craving, your chances of quitting successfully go up. Find other things for your mouth to do such as eating celery or carrot sticks or chewing gum.
- Be gentle with yourself. One of the reasons that you might smoke is that it helps you to relax. Once you quit you will need to find new ways to unwind. Try exercise, music, connecting with friends and family, meditation, or treat yourself to a massage.
- Reward yourself. In addition to all the health benefits, one of the perks of giving up cigarettes is the money you will save. Spend some of it on something fun.
- For more help call 1-800-QUIT-NOW or visit www.cdc.gov/tobacco/quit_smoking/.



Adapted from WebMD

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