

You Can Quit Smoking

If you are ready to quit smoking or are thinking about it, congratulations! You have chosen to help yourself be healthier and live longer! There are lots of different ways to quit smoking. Nicotine gum, nicotine patches, a nicotine inhaler, or nicotine nasal spray can help with physical craving. Hypnosis, support groups, and medicines help break the habit of smoking.

TIPS TO GET OFF AND STAY OFF CIGARETTES:

- Learn to predict your moods. **Do not** let a bad situation be your excuse to have a cigarette. Some situations in your life might tempt you to have a cigarette.
- Ask friends and co-workers not to smoke around you.
- Make your home smoke-free.
- Never have "just one" cigarette. It leads to wanting another and another. Remind yourself of your decision to quit.
- On a card, make a list of your reasons for not smoking. Read it at least the same number of times a day as you have a cigarette. Tell yourself everyday, "I do not want to smoke. I choose not to smoke."
- Ask someone at home or work to help you with your plan to quit smoking.
- Have something planned after you eat or have a cup of coffee. Take a walk or get other exercise to perk you up. This will help to keep you from overeating.
- Try a relaxation exercise to calm you down and decrease your stress. Remember, you may be tense and nervous the first two weeks after you quit. This will pass.
- Find new activities to keep your hands busy. Play with a pen, coin, or rubber band. Doodle or draw things on paper.
- Brush your teeth right after eating. This will help cut down the craving for the taste of tobacco after meals. You can try mouthwash too.
- Try gum, breath mints, or diet candy to keep something in your mouth.

IF YOU SMOKE AND WANT TO QUIT:

- **Do not** stock up on cigarettes. Never buy a carton. Wait until one pack is finished before you buy another.
- Never carry cigarettes with you at work or at home.
- Keep cigarettes as far away from you as possible. Leave them with someone else.
- Never carry matches or a lighter with you.
- Ask yourself, "Do I need this cigarette or is this just a reflex?"
- Bet with someone that you can quit. Put cigarette money in a piggy bank every morning. If you smoke, you give up the money. If you do not smoke, by the end of the week, you keep the money.
- Keep trying. It takes 21 days to change a habit!
- Talk to your doctor about using medicines to help you quit. These include nicotine replacement gum, lozenges, or skin patches.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

Document Released: 10/14/2010 Document Revised: 03/11/2013 Document Reviewed: 05/03/2016 Elsevier Interactive Patient Education ©2017 Elsevier Inc.

This content is produced by
Elsevier's ExitCare – your
Resource for patient education.

ELSEVIER
EXITCare

Please consult with your
healthcare provider if you have
any questions or concerns
regarding your health, disease
or condition.

THE
University of Vermont
HEALTH NETWORK
Champlain Valley Physicians Hospital