

CHICAGO LUNG ASSOCIATION

AIDS TO QUITTING

The following are practical and effective tips that smokers have used to help them cut down and quit smoking. Of course you cannot and should not follow them all; choose the ones that you like best and think will help you quit.

1. Convince yourself that you can stop smoking. Others have, so can you, if you really want to. You'll have to work hard to keep at it, if you are to be successful. But, you can do it!
2. On a 3x5 card, make a list of the reasons you have for wanting to quit smoking. Read the list often - especially when you crave a cigarette. This will help keep your motivation up.
3. Change your daily routine. Seek new activities or perform old activities in new ways. Do things differently, so you won't miss smoking as much.
4. Take deep breaths. This is very relaxing and will often help you get through a craving period.
5. If you enjoyed handling cigarettes, find a substitute. For example, hold onto a pencil or a lucky coin; try doodling. Keeping your hands busy.
6. If you enjoyed the sensation of having something in your mouth, switch to sugarless gum or sugarless candy. Chew on celery or carrot sticks.
7. Drink lots of water. This, too, will help you when you have a craving.
8. Delay smoking a cigarette for three minutes when you get the urge. During this time, change your thinking and/or activity. Chances are, the craving will go away.
9. Get involved in physical activity. Try exercising, swimming, jogging, walking, etc.
10. Sometimes it helps to think of quitting for only one day at a time. Each day, declare "Today, I choose not to smoke!"
11. Throw away all your ashtrays, matches, and lighters. You don't need these visible reminders in your home.
12. Avoid friends who smoke during the first week or two. The smell of smoke may create a desire to smoke. Social pressure is always greater among smoking friends.
13. You are going through a nerve-racking experience, and this is the time to pamper yourself. Luxuriate in a warm bath, take a steam bath or sauna. Relax!
14. Omit simulants that might cause a craving for tobacco. Avoid alcohol, coffee, and tea for the first week or two.
15. Use the buddy system - quit smoking with a friend.
16. Make a bet with someone that you can quit.
17. Each time that you resist lighting up, place money in a piggy bank.
18. Make up a list of luxuries you have wanted or things you would like to purchase for a loved one. If you save the money each day from packs of cigarettes not bought, you will be able to purchase these items.

19. Brush your teeth at least three times a day to get rid of the tobacco taste.
20. Visit your dentist and have your teeth cleaned to get rid of the tobacco stains.
21. If you are depressed or have physical symptoms that might be related to your quitting, ease your mind by discussing this with your physician. It is easier to quit when you know your health status. Remember, withdrawal symptoms are temporary, and you will feel better!
22. If you gain weight because you are not smoking, you need to modify your diet. Weight gain is due primarily to your eating more of the "wrong kind" of foods. Eat sensibly, and avoid high-caloric snacks and desserts. Remember, it is more of a health risk to smoke than to gain the extra pounds.
23. If you are quitting gradually, put yourself on a schedule - only smoke a certain number of cigarettes each day and continue to reduce each week until you quit. It is important to pick your goal date, the day when you have reached zero cigarettes. Plan for that date and stick to it.
24. Only buy packs of cigarettes - not cartons.
25. Put your cigarettes in a place where it is an effort to get them, such as in the attic, or locked away in a drawer. You may change your mind before you reach them.
26. Don't smoke the cigarette all the way down, take fewer draws on each cigarette, and don't inhale as deeply.
27. Frequent places where you can't smoke, such as theaters or department stores. Eat in the non-smoking section of a restaurant, if it has one.
28. Pat yourself on the back for cutting down and/or quitting. Be proud of yourself! You deserve it!
29. If you "slip up" and start smoking, don't punish yourself or feel guilty. This is often a natural part of the quitting process. Just use the tips and techniques that helped you stop smoking before.
30. Remind yourself daily of the benefits you have received and will receive from quitting. You will: live a longer and healthier life, be a good example for your children, save money, avoid burnt clothing and furniture, avoid tobacco stained hands and teeth, lose your shortness of breath, lose your smoker's cough, and the list is endless. You will be free of a dirty and damaging habit. It may have been hard, but so well worth it!