

Tips For Quitting Smoking

Getting Ready

- Decide positively that you want to stop. Try to avoid negative thoughts about how hard it might be.
- List all the reasons you want to stop. Every night before going to bed, repeat one of the reasons 10 times.
- Develop strong personal reasons to quit in addition to your health and obligations to others.
- Think of all the time you waste taking cigarette breaks, rushing out to buy a pack, hunting for a light, etc.
- Begin to physically condition yourself. Start a modest exercise program; drink more fluids, get plenty of rest and avoid fatigue.

Just Before Stopping

- Practice going without cigarettes.
- Don't think of never smoking again, think of stopping in terms of one day at a time.
- Stop carrying cigarettes with you at home and at work. Make them difficult to get to.
- Don't empty your ashtrays. This will remind you of how many cigarettes you've been smoking each day, and the sight and smell of stale butts will be very unpleasant.
- Collect all your cigarette butts in one large glass container as a visual reminder of the mess smoking represents.

Tips For The Day You Stop

- Throw away all your cigarettes and matches. Hide your lighter and ashtrays.
- Rid your clothes of the cigarette smell, which can linger a long time.
- Develop a clean, fresh, nonsmoking environment around you—at work and at home. Buy yourself flowers; you may be surprised at how much you can enjoy their scent now!
- Visit the dentist to have your teeth cleaned to get rid of tobacco stains. Notice how nice they look, and resolve to keep them that way!
- Make a list of things you'd like to buy for yourself or someone else. Estimate the cost in terms of packs of cigarettes, and put the money aside to buy these presents.
- Keep very busy on the big day. Go to the movies, exercise, take long walks, or go bike riding.
- Buy yourself a treat or do something special to celebrate.
- Stay away from other smokers if they can weaken your resolve. (This need be only a temporary measure.)
- Remember that one cigarette could ruin a successful attempt.
- Remember that alcohol will weaken your willpower.
- **REFUSE TO ALLOW ANYTHING TO CHANGE YOUR MIND!**