

*Quitting takes hard work and a lot of effort, but –*

# You Can Quit Smoking

*– Support and Advice*

A Personalized Quit Plan for: \_\_\_\_\_

## Want to Quit?

- ✓ Nicotine is a powerful addiction.
- ✓ Quitting is hard, but don't give up.
- ✓ Many people try 2 or 3 times before they quit for good.
- ✓ Each time you try to quit, the more likely you will be to succeed.

## Good Reasons for Quitting:

- ✓ You will live longer and live healthier.
- ✓ The people you live with, especially your children, will be healthier.
- ✓ You will have more energy and breathe easier.
- ✓ You will lower your risk of heart attack, stroke, or cancer.

## Tips to Help you Quit:

- ✓ Get rid of ALL cigarettes and ashtrays in your home, car, or workplace.
- ✓ Ask you family, friends, and coworkers for support.
- ✓ Stay in nonsmoking areas.
- ✓ Breathe in deeply when you feel the urge to smoke.
- ✓ Keep yourself busy.
- ✓ Reward yourself often.

## Quit and Save Yourself Money:

- ✓ At \$3.00 per pack, if you smoke 1 pack per day, you will save \$1100 each year and \$11,000 in 10 years.
- ✓ What else could you do with this money?

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## Five Keys for Quitting



### 1. Get ready.

- ✓ Set a quit date and stick to it – not even a single puff!
- ✓ Think about past quit attempts. What worked and what did not?



### 2. Get support and encouragement.

- ✓ Tell your family, friends, and coworkers you are quitting.
- ✓ Talk to your doctor or other health care provider.
- ✓ Get group, individual, or telephone counseling.



### 3. Learn new skills and behaviors.

- ✓ When you first try to quit, change your routine.
- ✓ Reduce stress.
- ✓ Distract yourself from urges to smoke.
- ✓ Plan something enjoyable to do every day.
- ✓ Drink a lot of water and other fluids.



### 4. Get medication and use it correctly.

- ✓ Talk with your health care provider about which medication will work best for you.
  - Bupropion SR – available by prescription.
  - Nicotine gum – available over-the-counter.
  - Nicotine inhaler – available by prescription.
  - Nicotine nasal spray – available by prescription.
  - Nicotine patch – available over-the-counter.



### 5. Be prepared for relapse or difficult situations.

- ✓ Avoid alcohol.
- ✓ If you are around other smokers, try not to stay around them too long.
- ✓ If you are angry, upset, sad or frustrated, don't smoke! Try other things to feel better, like taking a walk.
- ✓ Eat a healthy diet and stay active.

## Your Quit Plan

1. Your Quit Date:

\_\_\_\_\_

2. Who can help you?

\_\_\_\_\_

\_\_\_\_\_

3. Skills and behaviors you can use:

\_\_\_\_\_

\_\_\_\_\_

4. Your medication plan:

Medication: \_\_\_\_\_

Instructions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. How will you prepare?

\_\_\_\_\_

\_\_\_\_\_

*Quitting smoking is hard. Be prepared for challenges, especially in the first few weeks.*

Follow-up Plan: \_\_\_\_\_

Other Information: \_\_\_\_\_

Referral: \_\_\_\_\_

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