



California
Smokers'
Helpline

TOP 10 TIPS TO HELP SMOKERS QUIT

COUNSELORS FROM THE CALIFORNIA
SMOKERS' HELPLINE PROVIDE THEIR
TOP 10 TIPS FOR QUITTING SUCCESSFULLY.

“Quitting smoking can feel like an overwhelming task,” said Dr. Gary Tedeschi, who serves as the Helpline’s Clinical Director. “If you break it down into smaller steps it starts to seem more doable.”



1-800-NO-BUTTS • www.nobutts.org

- 1. FIGURE OUT WHY YOU WANT TO QUIT**
Do you want to improve your stamina? Save money? Whatever gets you fired up, write it down. A strong reason can get you started. And it will help you stay quit when you're tempted to smoke.
- 2. MAKE A PLAN**
Think about when you'll want to smoke. Plan something else for those times, to keep your hands busy and your mind off cigarettes. Common triggers are stress, alcohol, and socializing. What's your plan to get through these times without smoking? Examples: drink water, talk to a nonsmoker.
- 3. CALL 1-800-NO-BUTTS**
People who call the Helpline are twice as likely to quit for good. A trained coach will help you create a personalized plan to quit and offer support along the way. It's free, and it works!
- 4. SEEK OUT SUPPORT FROM FRIENDS & FAMILY**
Discuss your plan to quit with the people you trust. Let them know what they can do to help. In return, they will enjoy cleaner air and a longer, happier life - with you still in it!
- 5. USE A QUITTING AID**
Nicotine-replacement therapies and other FDA-approved medications are helpful and may be available through your health plan or Medi-Cal benefits. Products like nicotine patches and gum make withdrawal easier. They also increase your chance of success. Talk to your doctor about which quitting aid is right for you.
- 6. MAKE YOUR HOME & CAR SMOKE-FREE**
This will help you stay off smoking. And, as your sense of smell improves, your nose will thank you!
- 7. SET A QUIT DATE**
Choose a date when you will quit. This shows you're serious.
- 8. QUIT ON YOUR QUIT DATE**
Sounds obvious, right? But what good is a quit date unless you actually try to stop smoking? Planning is good - doing is even better.
- 9. ENVISION YOURSELF AS A NONSMOKER**
After you quit, you have a choice to make. Are you a smoker who's just not smoking for now? Or are you a nonsmoker? For nonsmokers, smoking is not an option in any situation. Choose to see yourself as a nonsmoker.
- 10. KEEP TRYING**
Most people make several attempts before they quit for good. Slips don't have to turn into relapses - but if they do, remember each time brings you closer to your goal.

If you keep trying, you will succeed!

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