How do I Quit?

- You can do it!
- You may experience some withdrawal effects—remember they don’t last long!
- You can do it!
- Remind yourself of the reasons you are quitting!
- You can do it!
- Drink lots of water, delay, do something else, breathe deep.
- You can do it!
- You do not have to be in this alone—tell people you are quitting.
- You can do it!
- Drinking alcohol will increase your urge to smoke.
  - You can do it!
  - You will experience positive effects almost immediately!!!
To determine the best way to quit, first ask yourself “am I addicted?”:
1. Do you smoke your first cigarette within 30 minutes of waking up in the morning?
2. Do you smoke 20 cigarettes or more each day?
3. At times when you can’t smoke or don’t have any cigarettes, do you feel a craving for one?
4. Is it tough for you to keep from smoking for more than a few minutes?
5. When you are sick enough to stay in bed, do you still smoke? Answering “yes” to two or more of these questions may mean addiction.

Check with your health care provider to see if a nicotine replacement therapy (I. E. nicotine gum, patch, Zyban etc.) is right for you! REMEMBER- dealing with the addiction or cravings is only half of quitting- you must assess the learned habit of smoking.

To assess your smoking habit, ask yourself these questions:
A. Why do I smoke?
To help you answer this, you may want to keep a record of the cigarettes you smoke for 3-4 days. Write down times and what you are doing. Are you bored? Stressed? Happy? Sad? You can also take a self assessment of why you smoke at: http://healthinschools.org/sbhcs/Tobacco/attach_4.htm

B. What are the reasons I want to quit?
It is important to ask yourself this as the reasons you give are going to be part of your motivation for quitting!

Write these reasons down and refer to them when you have the urge to smoke.

C. What is going to keep me from quitting?
I will gain weight- my boyfriend smokes, so it will be too hard to quit with him smoking around me- I won’t know what to do without a cigarette- all of my friends smoke- Sound familiar?? Identify your barriers to quitting so you can plan how to remove them.

Over 1 million people quit smoking each year!