

# QUIT SMOKING



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It's hard to stay a nonsmoker once you've had a cigarette, so try everything you can do to avoid that "one." The urge to smoke will pass. The first 2–5 minutes will be the toughest. If you do smoke after quitting:

- This doesn't mean you're a smoker again—do something now to get back on track.
- Don't punish yourself—you're still a non-smoker.
- Think about why you smoked and decide what to do the next time it comes up.
- Sign a contract to stay a nonsmoker.

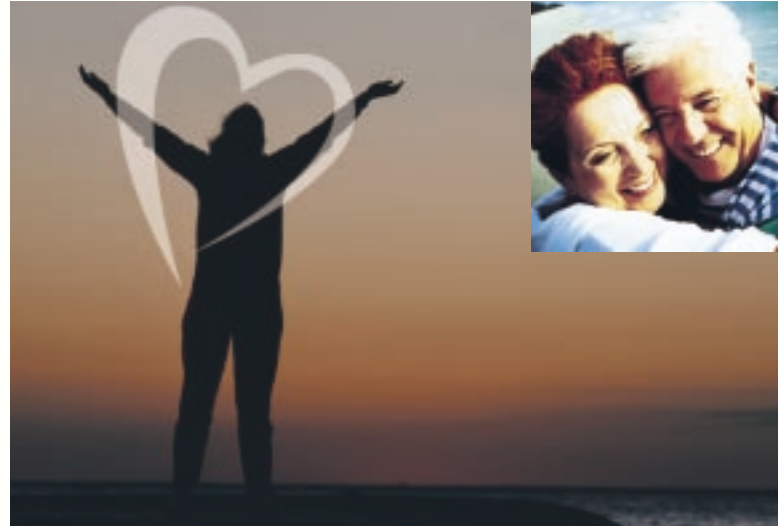
## Steering Clear of Secondhand Smoke

Unfortunately, secondhand smoke can't be ignored. But it's best to avoid passive smoke whenever possible. For instance, request the nonsmoking section of restaurants. Know that it's okay to request that others not to smoke in your home or car.

### These resources will help you battle your smoking habit:

#### Local chapters of national organizations:

- American Heart Association—1-800-242-8721
- American Lung Association—1-800-586-4872
- American Cancer Society—1-877-234-4484



*Contact your local Ministry Health Care facility for more information.*



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[www.ministryhealth.org](http://www.ministryhealth.org)



# QUIT SMOKING

## Why Quit?

It improves your health.

It saves you money.

### WHAT YOU SPEND ON SMOKING

1 How many packs smoked per day? \_\_\_\_\_

2 Multiply # of packs by 365:

\_\_\_\_\_ x 365 = \_\_\_\_\_

3 Multiply #2 by the cost of cigarettes:

\_\_\_\_\_ x \_\_\_\_\_ = \_\_\_\_\_

This total is the cost of your smoking for the past year.



## How to Start Kicking the Habit

These suggestions will help you get through your first few smoke-free days:

- Have sugar-free gum, candy and plenty of water or ice chips on hand.
- Read magazines and books, or have other things around to keep your hands busy and mind occupied.

- If you're anxious, talk to your doctor or other health care provider.
- Get support by telling your family and friends that you've stopped smoking.

But tell them not to nag you about smoking because you have the situation under control.

- Think of your discomfort as a case of the flu that will pass.
- There are many programs available to help you quit smoking. Ask for more information by contacting your local Ministry Health Care facility or log on to [www.ministryhealth.org](http://www.ministryhealth.org).
- Do deep breathing exercises when you get the urge to smoke.
- Brush your teeth often to keep a clean fresh taste in your mouth.

## How to Stay Smoke-Free

These tips will help you put a plan in place to remain smoke-free:

- Set rules that you and your family will follow about not smoking.
- If you smoke in the car, have the inside of the car cleaned to get rid the smell of old smoke.
- Have friends or family get rid of cigarettes, matches and lighters.
- Get a buddy to stop smoking with you.

## Advice from a Trusted Source

The American Heart Association offers these ways you can cope with the urge to smoke:

- Write down the reasons why you quit and look at the list often.
- Don't talk yourself into smoking again. When you find yourself coming up with a reason to have "just one," stop yourself. Think of what triggered the urge to have a cigarette and come up with a different way to handle it. For example, if you feel nervous and think you need a cigarette, realize that you could take a walk to calm down.
- Be prepared for times when you'll get the urge. If you smoke when drinking, cut down on alcohol so you're not tempted.
- Change your habits. Instead of having a cigarette after dinner, brush your teeth or go for a walk.
- Go where there's no smoking allowed. In a restaurant, ask to be seated in the nonsmoking section.
- Be around people who don't smoke. Ask for support and find a buddy you can call when you feel weak. Tell others they can help you by not giving you a cigarette and being supportive.
- Reward yourself each time you get through a day or week without smoking. For instance, treat yourself to a movie or buy yourself something special.

### QUITTING WITHOUT THE WEIGHT GAIN

You can avoid gaining weight when you stop smoking by:

- Choosing low-fat, low-cholesterol foods
- Keeping sugar-free candy or sugarless gum on hand
- Cutting back on alcohol and drinks with caffeine
- Drinking a lot of water
- Keeping your hands busy
- Brushing your teeth often