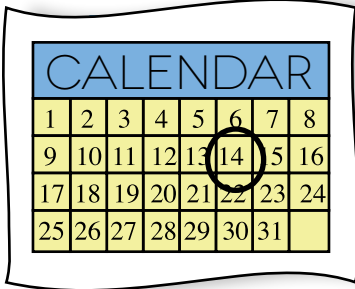


# Tips to Quit Smoking

## Get Ready



- List your reasons for quitting and post them in a place where you can see them often.
- **Set a quit date** that falls within the next 2 weeks. Think about picking a day that is special to you, such as your birthday or a holiday, if it happens during that time.
- Throw away all cigarettes, lighters, matches, and ashtrays in your home, car, and place of work.
- Do not let people smoke in your home.
- Do not try to cut back on cigarettes by buying one at a time instead of buying a pack. This costs more money plus you can lose count and end up smoking more cigarettes.
- Think about when you tried to quit before. What worked and what did not?
- Once you quit, **do not smoke—not even a puff!** One cigarette can cause you to start smoking again.



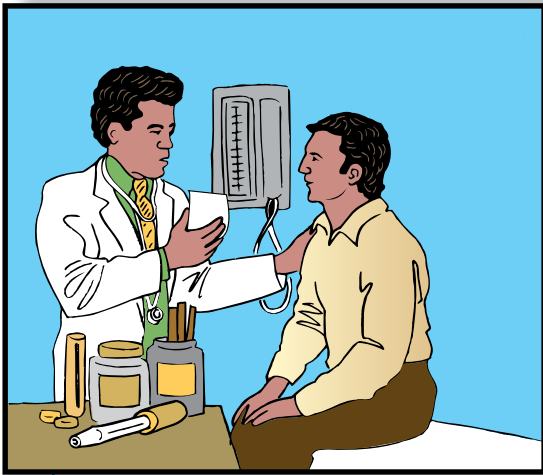
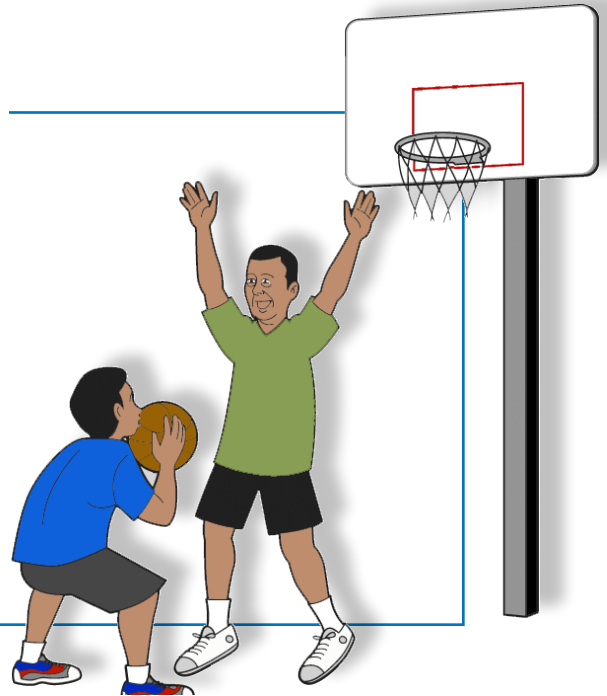
## Line Up Support

- Tell your family, friends, and coworkers that you are going to quit smoking. Ask for their help, including not smoking around you or offering you cigarettes.
- Get individual, group, or telephone counseling. The more counseling you have, the better your chances are of quitting.
- Sign up for text alerts, like [SmokefreeTXT](#). You will receive encouragement, advice, and tips that help you quit for good.
- Join social media support groups.
- Find out what support groups and quit-smoking activities are happening in your community. Think about which ones you will go to.
- Think positively about quitting and breaking the smoking habit for good.



## Find Ways to Relax

- Distract yourself from urges to smoke.
  - » Do something that keeps you busy, like talking to someone or going for a walk.
  - » Drink plenty of water.
  - » Change your routine. For example, take a different route to work.
- Do something to reduce your stress. Listen to music, do aerobics, or dance to your favorite music.
- Plan something enjoyable to do every day.



## Make It Easy On Yourself

- Ask your health care provider what quit aids to use. Some options are the nicotine patch, nicotine gum, nicotine nasal spray, nicotine inhaler, and bupropion SR.
- Avoid drinking alcohol.
- Spend more time with friends who do not smoke. Being around people who smoke can make you want to smoke.
- Eat healthy and stay active. Do not let weight gain distract you from your main goal—quitting smoking.
- Try doing something new if you are in a bad mood or feel depressed.
- Be kind to yourself. Remind yourself of the reasons you want to quit. **If you slip, it is ok. Try again!**



# Pledge to Live Smoke-Free

**Make a pledge to yourself, your family, and your community.**

## Quit If You Smoke

I will set a quit date today. (The important thing is for you to pick the date—not your doctor, not your family, not your kids. It is your decision.)

My quit date is \_\_\_\_\_ (date).

## Help your children stay smoke-free

I will talk to my children about why smoking is bad. I will encourage them to create a sign that says, “We are proud to be smoke-free kids.”

I will do this on \_\_\_\_\_ (date).

## Keep your home smoke-free

I will let my family, friends, and others know that I do mind if they smoke around me. I will put a “No Smoking” sticker or sign in my house and car.

I will do this on \_\_\_\_\_ (date).

## Help your community

I will encourage my neighbors and local businesses, such as restaurants, to be smoke free. I will give them “Thank You for Not Smoking” cards.

I will do this on \_\_\_\_\_ (date).

**My reasons for quitting smoking:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



National Heart, Lung,  
and Blood Institute

December 2013



COMMUNITY HEALTH WORKER  
HEALTH DISPARITIES INITIATIVE