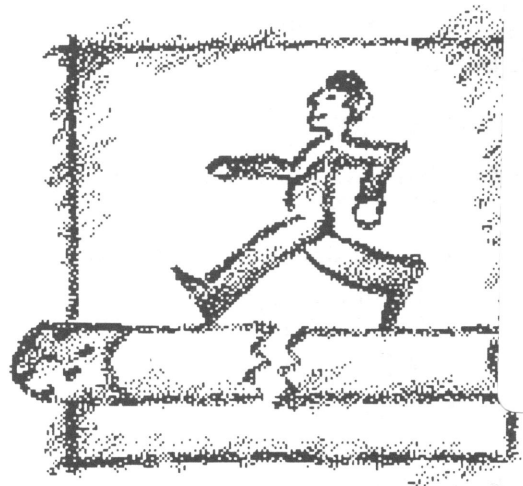


SMOKING TIP SHEET

Do You Know?

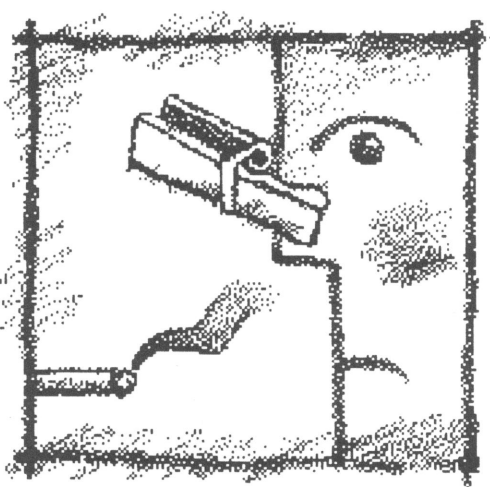
- Your risk of heart attack, lung cancer, emphysema and several other diseases will drop dramatically when you quit smoking.
- About 90 percent of people who quit smoking, quit on their own.
- You will save \$500.00 or more every year if you kick a pack-a-day habit.
- The more times you attempt to quit, the more likely your eventual success.
- Help those you love. Don't smoke around them.

"As ye smoke, so shall ye reek."



FREEING YOURSELF

- ▶ Quit when you are **READY** to quit. You may need to push yourself a bit to get started, but quitting for someone else usually doesn't work.
- ▶ List your **REASONS** for wanting to quit. Write them out and keep them where you can see them.



- ▶ Consider the **BENEFITS** of quitting, like better physical health and energy, peace of mind and control, better social life, preventing harm to those around you and saving money.
- ▶ **PLAN** the way you will quit — don't leave it to chance. There is no "best" way to quit. "Cold turkey" works for some people. Cutting down gradually works for some. Nicotine gums or patches work for others. Do what you and your doctor think will work best for you.
- ▶ Put together your **FIRST AID KIT**. Begin to change routines and get rid of your triggers to smoke.
- ▶ Choose a **QUIT DAY**. Circle a date on your calendar. You may want to pick a special day such as a birthday, anniversary or the first day of the year.



SMOKING TIP SHEET

- ▶ SEEK HELP from friends, family, health professionals or community groups if you need it.
- ▶ Say hello to a fresh new day!

STAYING FREE

- ▶ Plan how you will deal with TEMPTING SITUATIONS such as:
 - Social situations that involve alcohol
 - Emotional upsets, loneliness, boredom, depression
 - Relaxing after a meal
 - Anger or anxiety at work
 - Conflicts with people
- ▶ Replace negative THOUGHTS with positive ones. For example, change "I need a cigarette" to "I can make it through this moment by taking a walk and that will feel good."
- ▶ REWARD YOURSELF along the way. Take a day off, buy a favorite book or music, take a long bath or get a massage. Remember, you are becoming a champion of the quitting process!
- ▶ Deal with "slips" as SETBACKS, not failures. If you smoke after your quit date, don't beat yourself up for it. Decide how you will deal with the tempting situation next time and get back on track.
- ▶ Become MORE ACTIVE in your leisure time. Physical activity will feel better than ever since you will have renewed energy and stamina.
- ▶ REINVEST yourself in life... you have 5-10 percent more time! Develop new skills, hobbies or ways to relax.

FOR MORE HELP AND INFORMATION

American Heart Association
Call your local office or 1-800-AHA-USA1
(1-800-242-8721).

American Cancer Society
Call your local office or 1-800-227-2345.

American Lung Association
Call your local office or 212-315-8700.

Also, ask your doctor, local hospital or clinic, insurance company, employer, library or someone who has quit.

