

Suggestions for How to Quit Smoking

- Talk with your health care provider about what medicines you might use.
 - Nicotine replacement options such as gum, patch, nasal spray, inhaler, or lozenge
 - Prescription options such as Bupropion (Zyban) or Varenicline (Chantix)
- List the reasons you want to quit and keep it with you at all times as a reminder.
- Set a quit date and tell people in your life about your plans. If you have smokers around you ask for them to not smoke around you or to also consider quitting.
- Find support from others (online, by phone, or in person). Call the American Cancer Society 1-800-ACS-2345 (1-800-227-2345) to find out about resources near you.
- Avoid temptations, such as situations that trigger you to smoke.
- Stay busy. Do whatever exercise you can (check with your doctor first).
- Plan to have something else in your hand and/or mouth if needed.
- Take deep breaths. Learn healthy ways to help yourself relax such as walking, meditation, reading, taking a bath, etc.
- Never allow yourself to think “one cigarette won’t hurt.”
- Set up a reward system for yourself, such as after each week of not smoking you treat yourself to something (not a cigarette!).
- Set a good example for your children. Tell them why you are quitting and how hard it is. Encourage them never to smoke.