

About Smoking



Quitting smoking is hard work. It usually takes more than one try.

If you have decided you want to quit smoking, it's important that you are ready. Here are some tips to help you.

Get some facts

- Smoking harms nearly every organ in your body
- Breathing in secondhand smoke is harmful to those around you
- When you quit smoking, your health improves soon after stopping and may continue to improve years after quitting

Get support

Tell your friends and family about your plans to quit. Let them know how they can help. Ask them not to smoke around you. Join an online community, such as Quitters Circle*, to get information, resources and encouragement.


quitterscircle.com



Know why you want to quit



Knowing why you want to quit smoking can help you quit. What are your reasons? Write them down and read them.

Some examples:

<i>I may breathe easier</i>
<i>My health will improve</i>
<i>I will have extra money from not buying cigarettes</i>
<i>My friends and family will be proud of me</i>

Talk with your doctor



Ask your doctor or other health care provider about ways to help you quit smoking. Counseling combined with medicine works better than either one alone.

Pick a quit day



Any day can be your quit day. Try to pick a date that gives you time to prepare. Only you can decide when you are ready.

Know your triggers

What people, places and feelings increase your urge to smoke?



Drinking coffee or alcohol?



Watching TV?



Being around others that smoke?



Feeling stressed, lonely or bored?

 When you know what your triggers are, you can take steps to avoid them. Also, be ready to get rid of things that remind you of smoking. This includes cigarettes, lighters and ashtrays.

Plan to reward yourself



Quitting is hard work. You deserve a reward for your efforts. When you quit, put aside the money you save by not smoking and use it to reward yourself. You'll be surprised how fast it adds up!

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EMPLOYEE WELLNESS

The University of Alabama at Birmingham



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References

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This information does not replace regular medical check-ups or your health care provider's advice. Consult your health care provider about what is best for your personal health.

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