

10 TIPS FOR A SUCCESSFUL (TOBACCO) QUIT

Millions of people have been successful in stopping tobacco use. YOU can be one of them! It's NEVER too late!

- 1. SWITCH BRANDS.** When you're really serious about stopping, try switching brands from your preferred cigarette or chew. Switching shakes up your patterns, taste buds, and expenses – all items that need attention when quitting tobacco.
- 2. TELL EVERYONE.** Tell your family, friends and even cashiers that you buy your tobacco from because people WANT you to succeed. Additional support makes your journey easier and more successful in the long-term.
- 3. START OVER** – again and again. If you have a bad day, don't throw in the towel. Start again right after that next smoke/chew. Remember, that's how people learn to walk – they fall and stumble a lot at first. It takes practice.
- 4. THINK AHEAD.** When can you expect a lot of stress or a big craving? What's your plan? How can you deal with a craving when it strikes? Gum, candy, toothbrush, toothpick, mouth wash or mints – what can help that oral fixation?
- 5. WRITE IT DOWN.** Making a list of all the benefits of not using tobacco can be very impactful. Include things like the money you save, improved health and lowering your children's risks of using. You have control, NOT the tobacco product.
- 6. CHECK OUT MEDICATION OPTIONS.** There is so much more available now when it comes to medications that can help. Be sure to talk to your doctor about Chantix®, Wellbutrin®, nicotine patches and other options. While short-term, medications can really help control your cravings.
- 7. BE MINDFUL IF YOU ARE DRINKING ALCOHOL.** It's too easy to start again under the influence.
- 8. MAKE A FIRM DECISION TO QUIT.** Set a quit date. After your quit date, resolve to never have a single puff on a cigarette or tobacco product again.
- 9. PRACTICE ABDOMINAL BREATHING TECHNIQUES BEFORE YOU QUIT.** Use this technique after you quit to help you through withdrawal symptoms.
- 10. KEEP WITHDRAWAL SYMPTOMS IN PERSPECTIVE.** Remember, each urge for a cigarette is short-lived, lasting only 3-5 minutes. Withdrawal symptoms will decrease in two to four weeks.

Would you like to learn more about how to quit? We can help. No one needs to go it alone.

Contact your doctor and ask for a referral to the Hendricks Regional Health Nicotine Independence Program.

