

10 TIPS TO HELP YOU QUIT SMOKING

❖ **ASK FOR HELP!** You are re-learning how to be a nonsmoker - it takes practice to replace a smoker's lifestyle with a new, healthier way of living. You can:

- ✓ Call the toll free QuitLine at (866) NJ-STOPS
- ✓ Visit the QuitNet website at www.nj.quitnet.com
- ✓ Contact the QuitCenter in Mercer County at (609) 584-5900



❖ **Drink 6-8 glasses of water daily.** Plenty of liquids will help flush the nicotine out of your body. Citrus juices (orange & grapefruit, or real lemonade) will ease the intense craving for a cigarette.

❖ **You are a NON-SMOKER.** Throw away all lighters, ashtrays and extra matches (keep one book for birthday candles). Clean out the ashtray in your car, vacuum the old tobacco crumbs, and *Windex* all the smoke film off the windows. Create a fresh, clean non-smoking environment. Light a scented candle or simmer some potpourri in the house ... instead of a cigarette.



❖ **Do something different during coffee breaks.** Read a magazine, balance your checkbook, ask a friend to go for a short walk. To avoid the after-meal cigarette, leave the table as soon as you are finished eating. Brush your teeth, take the dog for a stroll, call a friend, wash the dishes or take a walk to get the newspaper.

❖ **Start using your lungs.** Increase your activity level with moderate exercise and practice slow, deep breathing. You will feel better physically, as well as having two effective (and easy) strategies to handle stress.

❖ **Give your mouth a treat.** Have a supply of "oral substitutes" on hand (chewing gum, hard candy or lollipops, toothpicks, pretzel sticks). Visit your dentist for a thorough teeth cleaning. Do things to keep your mouth refreshed and tingling - have a spray of Binaca, use a swoosh of mouthwash, and brush your teeth more often.

❖ **Consider avoiding parties and social events** if you always used to smoke at these gatherings. If you do choose to attend a social function, DON'T drink alcohol - not only is alcohol a powerful trigger, it also lowers inhibitions and your conscious resolve not to smoke.

❖ **Scramble your smoking "triggers".** Eat breakfast before your morning shower, read the paper after dinner, or eat your meals in a different room. If the temptation to smoke while driving is still very strong, consider using public transportation or carpooling with another nonsmoker.

❖ **Maintain and increase your support system.** Support from others is important for both quitting and staying off cigarettes. Make sure you have a few people you can rely on should you have a surprise craving. Prepare responses for people who still treat you like a smoker ... remind them that you are NOT a smoker! Remember that people who still smoke may try to "sabotage" your decision to be smokefree.



❖ **Keep track of all the money you save by not smoking.** It adds up quickly - put the money in an envelope where you can easily see it accumulate, or keep a chart that you can update daily.