

# Hard, Yes. Impossible, No.

## *Tips for Quitting Smoking*



If you are like many smokers and other tobacco users, you know you should quit, you just aren't sure how to do it. Creating a quit-smoking plan will improve your chances of stopping for good. A quit-smoking plan helps you cope with the physical, emotional and social issues that arise when you stop smoking.

**Pick a quit day within the next month to quit smoking.** Don't set your quit day too far in the future and be sure you have a plan in place. Setting the date ahead of time can help you prepare for what to expect and to line up helpful support.

**Mark the day on a calendar.** It's an important day in your life, so treat it like one. Write down the reasons for quitting. Put the list in a place where you can see it regularly.

**Talk to your health care provider.** Ask about stop-smoking counseling and medications. Using one or both improves your odds of success. Call 1-800 Quit-Now for quit support (1-800-784-8669) or to find out what tobacco treatment counseling services are available in Rhode Island.

**Drink plenty of water.**

**Keep physically active.** Walk briskly for 30 minutes a day, at least 4 days a week. This may relieve stress and lift your spirits.

Let family,  
friends and  
co-workers  
know about  
your quit day.  
Make them  
your allies.  
They can  
provide a lot of  
moral support.





**Let family, friends and co-workers know about your quit day.** Make them your allies. They may provide moral support. Tell them how they can be most supportive of your effort to quit smoking. Find a quit partner. This person can be another person who wants to quit or a friend you can talk to.

**Remind yourself of your reasons to stop smoking.** Read your reasons for quitting twice a day.

**Make your home and vehicle smoke-free.** Clean house. If you can, discard blankets, curtains and other cloth type items that smell like smoke. Rid your home, car and other places of your smoking and tobacco supplies. Don't keep any cigarettes on hand "just in case" — you might not be able to resist the temptation. Buy a new toothbrush. You don't want to brush with the old one covered with tobacco.

**Stock up.** Have on hand items that can substitute for the cigarette you're used to having in your mouth, such as sugarless gum, hard candy, cinnamon sticks and crunchy vegetables.

**Avoid situations and people that trigger your urge to smoke.** Try to avoid alcohol, caffeine and stress. Try to stay away from other smokers for a while.

**Tell yourself, "I choose not to smoke."** It is an empowering statement! Saying, "I can't smoke", is saying 'I am a victim of a cigarette! Quitting smoking is hard...but not impossible.

**BE PATIENT WITH YOURSELF! YOU WILL BE SUCCESSFUL!**



[www.livesmokefree.ri.gov](http://www.livesmokefree.ri.gov)

Created by Tri Town Community Action Agency and the  
Rhode Island Department of Health

