

How Do I Begin



To Quit Smoking?

- **Decide** that you want to quit. Avoid thinking about how hard it might be. Instead, imagine your life free of cigarettes.
- Find a **support** group. People who get support from others online, or in groups have a better chance of success.
- Focus on your **reasons** for quitting—to improve your health, protect your family, or save money. These reasons will help keep you going.
- **Tell** your family and friends that you plan to stop smoking. Get their support. If they smoke, you may want to ask them to quit too. It may help to have a friend quit with you.
- Find out about **products** that are available to help you quit smoking.
- Know what to expect when you quit.
Learn how to handle **urges** to smoke and the stress that comes along with quitting.
- Know what your “**triggers**” to smoke are and think about the ways you will deal with these triggers.
- Set a **target date** for quitting. Choose a date that is in the near future—a few days or weeks. Mark the date on your calendar. Setting a date will help you keep track of the exact day you became a nonsmoker.
- Tell your doctor that you are quitting smoking. Smoking is a **physical addiction**.
Your doctor can help you design a **quit plan** that has the best chance of working for you.