

**About Quitting Smoking...ideas and facts to help you.** From the National Wellness Institute [www.nationalwellness.org](http://www.nationalwellness.org)

1. Quitting is tough, but you can do it.
2. Quitting is NOT as tough as dealing with lung cancer.
3. Make a plan for quitting.
4. Pick a quit day. Mark it on your calendar.
5. If you have tried to quit before, consider it practice.
6. It takes some smokers two, three, or more tries to quit for good.
7. Quitting often takes more than willpower alone.
8. Nicotine is more addicting than cocaine or heroin.
9. GET HELP with physical withdrawals.
10. Hypnosis and acupuncture work for some people.
11. Withdrawal symptoms usually start within a few hours and peak 48 to 72 hours later. Be ready.
12. Using an aid to quit smoking can DOUBLE your chances of success!
13. There is no right way to quit - DO WHATEVER IT TAKES
14. Ask your friends and family members for emotional, positive, active support.
15. Ask a friend or family member to quit with you, 'the quit buddy system'.
16. Join a quit smoking class/program. Attend quit smoking seminars. Quit smoking programs can give you support and help you learn to handle cravings.
17. Expect cravings. At times you may feel desperate for a cigarette.
18. When you want a cigarette, distract yourself by taking a walk or reading. When cravings hit, call a friend.
19. HANG IN THERE, cravings most always pass within minutes.
20. THE FIRST DAY OF QUITTING IS THE MOST IMPORTANT.
21. If you can make it through the first day, you are TEN TIMES more likely to succeed!
22. Avoid places where you used to smoke. It will make quitting easier.
23. Avoid other smokers like the plague. Down the road you will be able to be around them, but not now!
24. Focus on the positive things you feel happening to your body. You will feel steadily stronger, physically, mentally and emotionally.
25. Within 20 minutes, your blood pressure and heart rate drop (That's a good thing!).
26. Within weeks, you will be able to breathe easier and deeper, and your circulation will improve (you can FEEL it!).
27. When you quit, you dramatically reduce your risk of lung cancer, heart attack, stroke and other horrible illnesses.
28. A year after quitting, your risk of heart attack is cut in half.
29. Fifteen years after quitting, an ex-smokers risk of heart attack is the same as a nonsmoker's.
30. Not only will you be stronger and happier, you will probably live 10 to 12 years longer!
31. When you quit, you will no longer be hurting your friends and family with secondhand smoke.
32. Right after quitting, people are often emotional. You may feel depressed or anxious. That's normal and o.k.
33. Talk to others openly about how you feel. Don't keep it bottled up inside.
34. IT'S NORMAL to be afraid or even convinced that you won't be able to quit for good. Knowing this simply takes away the power of that fear!
35. It's O.K. to feel sad or lonely without a cigarette. This crutch was with you through much of your life experience. These feelings do pass!
36. KEEP TRYING! If you smoke again, don't panic. Think about what specific things failed this time, and learn from the experience. Adjust your strategy accordingly, for the next time you try.
37. Make a list of all the reasons you want to quit—your health, your family, your future. Keep the list handy. These will light your way when the path gets dark and scary.
38. Reward yourself with the money you save by not smoking.
39. Exercise and eat plenty of fruits, vegetables, and popcorn to help minimize weight gain (you will gain weight, it is unavoidable. You can take it off next year, do NOT worry about it now!)
40. Quitting may be one of the hardest things you ever do. It is also one of the BEST THINGS you ever do.
41. Yesterday is gone forever, tomorrow never comes. When tomorrow gets here, it will be today. Today is all we have. – Alcoholics Anonymous-
42. If you're going through HELL, keep going! – Winston Churchill-
43. We imagine we would be all right if a big crisis arose, but the big crisis will only reveal the stuff we are made of, it will not put anything into us. Crisis always reveals character. – Oswald Chambers-
44. More than 40,000,000 Americans have quit smoking. You can too! These people are no different than you, they set a quit date and walked through the door!

## Dealing with the urge....One Breath at a Time!

When you get the urge to light up, do one or more of these instead...

1. Count backwards from 100 sloooooowly... By the time you reach 1, the urge has passed!
2. Write down all the reasons you decided to quit. Add some more. Keep the list handy. These will light your way when the path gets dark and scary.
3. Reward yourself.
4. Relax. Breathe. Stretch.
5. Walk the dog.
6. Find a new way to relieve stress.
7. Bake bread. Smell the wholesome, life-affirming, warm bread instead of deadly smoke.
8. Put a dime in a jar for every cigarette you DON'T smoke. Count them.
9. Buy something really special.
10. Pray.
11. Write a NO SMOKING CONTRACT.
12. Do needlework, change the oil, fix something, garden, write letters, play the piano.
13. Eat celery, carrot sticks, and popcorn.
14. Get support. Call a friend, now! Call your doctor. Call the American Cancer Society at 1-800-227-2345 for friendly advice.
15. Make "NO SMOKING" signs for your car, home and office.
16. Take a nap. Take a shower (you can't smoke there!).
17. Yell, sing, whine, howl like a wolf...
18. Chew mints, gum, peppermint sticks, cinnamon sticks, straws, or toothpicks. Suck on candy or Halls lozenges.
19. Kiss someone.
20. Drink lots and lots of water, fruit juice, or herbal tea.
21. STAY BUSY
22. Join a quit smoking class/program. Attend quit smoking seminars. Quit smoking programs can give you support and help you handle cravings.
23. Go somewhere you're not allowed to light up... The library, theatre, restaurant, or store. Stay until the urge passes.
24. Wash and dry all ashtrays. Decide whether you should toss them or pack them away. Throw away all matches and lighters.
25. Paint. Sculpt. Make a mess. (Your hands will be too dirty to light a cigarette).
26. Wash your dog. Wash your car. Wash your hair.
27. Buy sweet-smelling fresh flowers, deeply inhale their scent until your brain feels better!
28. EXERCISE.
29. Travel, now! Jump in your car and TAKE OFF. I found that long travel, with minimal planning, to be a great outlet for me and a time for quality thinking. I did not feel the urge to smoke, and I thoroughly enjoyed the passing scenery and feeling of freedom.
30. Get a punching bag and beat the hell out of it.
31. Cook up a spicy hot dish. Hot peppers clean your senses "to the max" and make you feel alive!
32. Repeat: I don't have to quit smoking forever... I simply choose not to smoke today... All I really have is today... Tomorrow is a promise.
33. Make your coffee twice as strong.
34. Sip on pure Maple syrup, right out of the jug. Picture in your mind the season, people, trees and tapping process.
35. Smile ear to ear. It takes 54 face muscles to frown, only 8 to smile. Smiling makes your brain think you're happy!
36. Find a stream and study the ripples to the tiniest detail.
37. Join a gym. Right now. Go ahead! Swim. Jog. Play tennis or basketball. Do jumping jacks.
38. Avoid temptation. Avoid bars, smokers, and smoky places.
39. Brush your teeth. Call your dentist for a good cleaning.
40. Think positive thoughts.
41. Hang out with a nonsmoker.
42. Plan out how you will celebrate a whole day without lighting up. Plan celebration for the one week mark, one month, one year!

43. Look at pictures of your family and friends. Plan to be around for their birthdays, graduations and weddings.
44. DON'T GIVE UP!
45. Hold out for five minutes. Ten minutes. Fifteen.
46. Say out loud "I can do this! I can quit!"
47. Know that you can.
48. YOU CAN.

For more information visit: <http://www.quit-smoking.net/>

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