

You Can Quit Smoking

Tips for the First Week



Nicotine is a powerful addiction. If you have tried to quit, you know how hard it can be. People who are trying to quit smoking go through both physical and psychological withdrawal. Here are some tips for quitting.

Cravings:

- ▶ **Drink a lot of liquids, especially water.** Try herbal teas or fruit juices. Limit coffee, soft drinks, or alcohol—they can increase your urge to smoke.
- ▶ **Avoid sugar and fatty food.** Try low-calorie foods for snacking—carrots and other vegetables, sugarless gum, air-popped popcorn, or low-fat cottage cheese. Don't skip meals.
- ▶ **Exercise regularly and moderately.** Regular exercise helps. Joining an exercise group provides a healthy activity and a new routine.
- ▶ **Get more sleep.** Try to go to sleep earlier and get more rest.
- ▶ **Take deep breaths.** Distract yourself. When cravings hit, do something else immediately, such as talking to someone, getting busy with a task, or taking deep breaths.
- ▶ **Change your habits.** Use a different route to work, eat breakfast in a different place, or get up from the table right away after eating.
- ▶ **Do something to reduce your stress.** Take a hot bath or shower, read a book, or exercise.

Psychological Needs:

- ▶ Remind yourself every day why you are quitting.
- ▶ Avoid places you connect with smoking.
- ▶ Develop a plan for relieving stress.
- ▶ Listen to relaxing music.
- ▶ Watch a funny movie.
- ▶ Take your mind off a problem and come back to it later.
- ▶ Rely on your friends, family, and support group for help.
- ▶ Avoid alcohol. It lowers your chances for success.



For More Information

To get a free copy of other consumer products on quitting smoking, call any of the following toll-free numbers: Agency for Healthcare Research and Quality, 800-358-9295; Centers for Disease Control and Prevention, 800-CDC-1311; National Cancer Institute, 800-4-CANCER; or log onto the Surgeon General's Web site at www.surgeongeneral.gov/tobacco.