

# Top 10 Tips To Quit Smoking



## Find a reason to quit

- *Do you want to breathe easier?*
- *Be around longer for your family?*
- *Save money?*

Whatever your reasons for wanting to quit, write them down. A strong reason can get you started, and will help you stay quit whenever you are tempted to smoke.



## Make a plan

*Think about what triggers you to smoke.*

- *Is it stress?*
- *Being around other smokers?*
- *Alcohol?*
- *Or, something else?*

Plan to get through those times without smoking by keeping your hands busy, such as drinking water or washing dishes. You can also keep your mind off cigarettes by talking to nonsmokers.



## Call 1-800-NO-BUTTS

People who call the Helpline are twice as likely to quit for good. A trained counselor will help you make a personal plan and offer support along the way. It's free, and it works!



## Get support

Research shows that support while quitting can really help. Talk with your family and friends about your plan to quit. Let them know what they can do to help you.



## Use a quitting aid

Quitting aids, like nicotine patches and gum, and other FDA-approved medications are helpful. They can cut withdrawal symptoms and increase your chance of quitting for good. Your health plan or Medi-Cal benefits may cover these products. Talk with your doctor about which quitting aids are right for you.





## Make your home and car smoke-free

Having smoke-free areas can help you stop smoking. Your friends and family will enjoy cleaner air and a longer, happier life – with you still in it!



## Set a quit date

Choose a date when you will quit. This shows you are serious and you are more likely to stick to it.



## Quit on your quit date

It sounds obvious, but what good is a quit date unless you actually try to stop smoking? Planning is good – doing is even better.



## Picture being a nonsmoker

After you quit, you have a choice to make. Are you a smoker who's just not smoking for now? Or, are you a nonsmoker? For nonsmokers, smoking is not an option in any situation. Choose to see yourself as a nonsmoker.



## Keep trying

Most people try several times before they quit for good. Your slips don't have to turn into relapses, but if they do, remember each time brings you closer to your goal.

### Don't give up!

### If you keep on trying, you will succeed!

Source: [www.nobutts.org](http://www.nobutts.org)

