



Ready, Set, Quit!



For Your Health

Blood Pressure

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Quitting smoking is one of the single best things you can do for your health. When you're ready to quit, follow these steps:

1. Set a date.

Pick a date within the next two weeks to quit smoking. This will give you enough time to get ready. Try to choose a date that gives you the best chance of success. Avoid choosing a day when you will be busy, stressed or tempted to smoke.



2. Ask your family and friends for support.

It's easier to quit when the people in your life support you. Tell your family and friends that you are planning to quit, and why. Also tell them exactly how they can help you. For instance, they can:

- ✓ Check in with you to see how things are going
- ✓ Help you deal with your smoking triggers
- ✓ Help you plan healthy things to do together, like going for a hike
- ✓ Quit with you, or at least not smoke around you, if they smoke
- ✓ Be patient with you
- ✓ Refuse to let you smoke—no matter what!





3. Ask your healthcare provider or pharmacist for support.

Tell your healthcare provider or pharmacist that you are planning to quit. They can help you. For instance, they can:

- ✓ Tell you about different ways to quit, such as counseling and medicines
- ✓ Answer your questions
- ✓ Adjust the medicines you take now, if needed
- ✓ Tell you about other resources that can help you quit smoking



4. Plan how to cope with feelings.

When you quit smoking, it affects the way you feel. That's because you're no longer taking in nicotine.

When you quit, you may feel:

- ✓ Anxious, nervous, or restless
- ✓ Grumpy or mad
- ✓ Sad

You may also:

- ✓ Crave cigarettes
- ✓ Get hungry more often
- ✓ Have trouble thinking more clearly and sleeping

Plan healthy ways to cope with these feelings. For instance, if you feel anxious, take a walk. If you crave cigarettes, chew sugarless gum. If you feel hungry, eat something good for you.

Keep in mind: These feelings will ease up after the first few weeks. Meanwhile, try to be patient with yourself.





5. Plan how to cope with triggers.

Triggers are people, places, or activities that make you feel like smoking. Know your smoking triggers. Plan ways to avoid them. And plan ways to cope with your triggers when you can't avoid them.

6. Make a clean sweep.

You will be less tempted to start smoking again if you remove reminders of smoking. Get rid of all the smoking-related items you have in your home, workplace, and car. These include:

- ✓ Ashtrays
- ✓ Cigarettes
- ✓ Lighters
- ✓ Matches

Also, wash your clothes and curtains. Shampoo your rug. Wash the inside of your car. And get your teeth cleaned until they gleam!

7. Don't use other tobacco products.

No matter what the ads say, all tobacco products are bad for your health. These include:

- ✓ Cigars
- ✓ Bidis and kreteks (also referred to as clove cigarettes)
- ✓ Low yield cigarettes
- ✓ Pipes
- ✓ Smokeless tobacco
- ✓ E-cigarettes (also referred to as e-cigs and vapes)

To learn more about how to quit smoking:

- ✓ Go to smokefree.gov and CDC.gov/quit
- ✓ Call 1-800-QUIT-NOW (1-800-784-8669)

