



# Quitting Smoking

## Why quit?

Everyone has their own reason(s) for quitting smoking. As you prepare to quit, think about your own reason(s) then remind yourself of them every day. They can inspire you to stop smoking for good. Whatever your reason(s), you will be amazed at all the ways your life will improve once you quit.

## Tips on how to quit smoking:

### 1. Get ready

- Set a date to quit smoking
- Get rid of all cigarettes, lighters and ashtrays
- Avoid situations where the urge to smoke is strong
- Don't let people smoke in your home or car
- Stock up on sugarless gum, hard candy and raw vegetables

### 2. Get support and encouragement

- Tell your family and friends that you are going to quit
- Talk to your health care provider and get the tools you need to be successful
- Get counseling and support (individual, group or counseling by phone)

### 3. Learn about medicines and smoking cessation programs

- Ask your doctor, nurse or pharmacist about smoking cessation programs or medications that can increase your chance of success.

### 4. Try new behaviors and routines

- Change your routine and distract yourself from urges to smoke
- Manage your stress level by getting enough sleep and exercise
- Eat healthy foods
- Avoid alcohol

### 5. Be prepared for withdrawal

- Don't give up if you "slip"
- Set a new date to get back on track
- Quitting is difficult, keep a positive attitude!

## REASONS TO CONSIDER QUITTING

- Quitting smoking reduces your risk for cancer, heart disease and lung diseases such as emphysema
- You will have more energy and breathe easier
- You can reduce your blood pressure
- You can save money
- You can reduce your loved ones' risk for health problems caused by contact with smoke



**Need help? Let us help you get the support you need!**



**Free telephone counseling.**

Call 1-800-QUIT NOW. A trained quit expert will talk with you about the free and confidential services available to you.



**On-line resources.**

Visit [smokefree.gov](http://smokefree.gov) to learn more about smokefreeTXT, quitSTART App, building a quit plan and much more.



**Check out Your Member Savings Programs.**

Visit [harvardpilgrim.org/quit](http://harvardpilgrim.org/quit) and learn more about the QuitSmart Program and Craving to Quit App.

**Use this worksheet to help you plan for quitting.**  
**Once completed carry it with you to remind you that you are quitting smoking!**

My quit date is:

My support person is:

Reasons for quitting:

Methods for quitting:

*Example: Nicotine replacement therapy (NRT) like the patch or telephone counseling*

Most common smoking triggers:

*Example: stress, boredom, hunger, alcohol*

Coping strategies I will use to control urges to smoke are: *Example: deep breathing, change your routine, call a friend*

Quitting smoking is very difficult don't forget to reward yourself! My reward for quitting smoking is:

**TIP: Try using a quit journal, like the one here, for at least a few days. You may find that the time it takes to complete the journal helps you smoke less.**

DAYS SINCE I QUIT	CRAVING LEVEL 0 = None 1 = Just a little 2 = Some 3 = A lot	TIME OF DAY	WHAT I WAS DOING	WHO I WAS WITH	MY MOOD
<i>Example: 1</i>	<i>3</i>	<i>10:00 AM</i>	<i>At work</i>	<i>Alone</i>	<i>Stressed</i>

**For more information visit [www.harvardpilgrim.org](http://www.harvardpilgrim.org)**

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