

How to quit smoking?

Quitting smoking is possible. To achieve it involves making a personal effort, taking a firm decision and using a little imagination.

Set a quit date: a **“D-day”**, preferably less than one month away.

Most people find it easier to quit cold turkey, and this method has the highest success rate.



Before “D-day”:

As you prepare yourself for the big day:

- List the reasons why you want to quit smoking.
- Think about what you will do when you feel the urge to smoke.

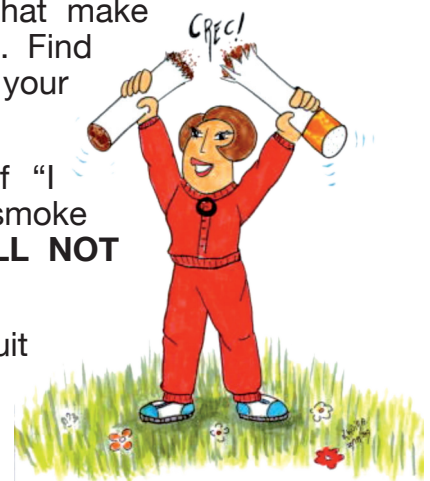
Tell your family and friends about your decision and ask them for their help and support. Ask them to not smoke around you.

On “D-day”: Think only about today and be ready to do the things you have been preparing that will help you get through the rough spots.

Alternatives to cigarettes:

- When you feel very intense cravings to smoke: try to relax (take a deep breath), drink water or fruit juices, chew one sugarless gum... the urge only lasts for a few seconds.
- Remember your reasons for quitting.
- Cravings to smoke will become weaker and less frequent.
- Brush your teeth right after meals.

- If you feel irritable, go for a walk, take a shower, listen to music, etc.
- Find new things to do: go to the theatre or to a movie, or read.
- If you have insomnia, avoid coffee and other stimulants in the afternoon and get some more exercise.
- Avoid situations that make you want to smoke. Find something to keep your hands busy.
- Don't tell yourself “I will never, ever smoke again”, think **“I WILL NOT SMOKE TODAY”**.



- It is possible to quit smoking without gaining weight: Eat more fresh fruits and vegetables, avoid fattening foods and get more exercise. You don't need to go on a strict diet.

Tips for avoiding relapse:

- Just one cigarette is enough to make you start smoking again.
- Don't get overconfident and assume “just one doesn't matter”; avoid relapses at parties, dinners, etc.
- A relapse is a momentary setback, not failure. Learn from it for the next time you decide to stop smoking.