

How to Live Without Smoking!!

1. **Drink plenty of fluids.** Drink lots of water and other non-alcoholic beverages (at least 8 glasses a day) to help flush nicotine from your body.
2. **Avoid swings in blood sugar.** Eat regular meals rich in protein and complex carbohydrates (fruits, vegetables, grains). Limit sugar and foods containing sugar and fat.
3. **RELAX!** Take a breather, give yourself a break, and relax during the day – especially whenever you have a strong urge to smoke.
4. **Remind yourself that urges are temporary.** Each urge will pass within three to five minutes. Do something else while you wait it out.
5. **Think about what you will buy.** Plan how you will use the money no longer spent on cigarettes and medical bills.
6. **Praise yourself!** Think how well you are doing each time you outsmart an urge to smoke. Treat yourself well during your quitting time!
7. **Express your frustrations and anger.** Gently stick up for your rights, or take a walk. Don't let your frustrations be an excuse to smoke a cigarette.
8. **Ask friends and relatives for help.** Tell them you are quitting and let them know how they can help.
9. **Notice healthy changes.** After a few days your sense of taste and smell will improve. Breathing should be easier in a few weeks.
10. **FEEL PROUD!** When you see someone smoking, feel proud that you no longer have such an addictive, expensive, and harmful habit. Quitting smoking is probably going to be the hardest thing you have ever done – you have every right to be proud of this accomplishment!

