



Tips to Quit Smoking

1. Find a safe substitute if you enjoy handling cigarettes. For example, finger a lucky coin, toy with a pen or pencil, try doodling or obtain a plastic cigarette. Perhaps, chewing on a carrot or sucking on a lollipop will keep your hands busy.
2. If cigarettes give you an energy boost, try gum, modest exercise, a brisk walk or a new hobby.
3. If cigarettes help you relax, try eating, drinking new beverages or social activities within reasonable bounds.
4. When you crave cigarettes you must quit suddenly. Try smoking an excess of cigarettes for a day or two before you quit so that the taste of cigarettes is spoiled. Another good time to quit is when you are ill with a cold or the flu.
5. On a 3 x 5 card, make a list of the reasons you have for not smoking. Add to it and reread it at least the same number of items a day as the number of cigarettes you smoke.
6. Make up a short list of luxuries you have wanted or things you would like to purchase for a loved one. Next to each item write down the cost. Now convert the cost of these to "packs of cigarettes." If you save the money each day from packs of cigarettes, you will be able to purchase these items.
7. Never smoke after you get a craving for a cigarette until three minutes have passed since you got the urge. During that three minutes change your thinking or activity. Chances are that the craving will go away.
8. Plan the date for STOPPING. You might choose your vacation, New Year's Day, your birthday, a holiday, the birthday of your child, your anniversary. Don't make the date too distant that you lose momentum.
9. If you smoke under stress at work, pick a date for stopping when you will be away from work.
10. Decide whether you are going to stop suddenly or gradually. If it is a gradual process, work out a tapering off system so you have the last cigarette on the last day.
11. Don't store up on cigarettes. Never buy by the carton. Wait until one pack is finished before you buy another.
12. Never carry cigarettes about with you at home or at work. Keep your cigarettes as far from you as possible. Leave them with someone.
13. Make yourself a "smoking corner" that is far away from anything interesting. If you like to smoke with others, always smoke alone. If you like to smoke alone, always smoke with others, preferably when they are non-smokers.
14. Never carry matches or a lighter with you.

15. Put away ashtrays or fill them with objects so they cannot be readily used. Plant flowers in them.
16. Change your brand of cigarettes weekly so you are always smoking a brand of lower tar and nicotine content than the week before.
17. Never say, "I quit smoking" because your resolve is broken if you have a cigarette. Better to say, "I don't want to smoke." This way you maintain your resolution even if you accidentally have a cigarette.
18. Try to help someone quit smoking, particularly your spouse.
19. Always ask yourself, "Do I need this cigarette or is this just reflex?"
20. Decide arbitrarily that you will smoke only on even or odd numbered hours of the clock.
21. Try going to bed early and rising a half-hour earlier to avoid hurrying through breakfast and rushing to work.
22. Keep your hands occupied. Try playing a musical instrument or knitting.
23. Brush your teeth at least three times a day to get rid of the tobacco taste.
24. Take frequent showers throughout the day. You cannot smoke in the shower.
25. If you have a sudden craving for a cigarette, take 10 deep breaths, holding the last breath while you strike a match. Exhale slowly, blowing out the match. Pretend the match was a cigarette by crushing it in an ashtray. Now immediately get busy on some work or activity.
26. Only smoke half a cigarette. Reduce the number of times you inhale.
27. After you quit, start using your lungs. Increase your activities and indulge in moderate exercise.
28. Bet with someone that you can quit. Put the cigarette money in a jar each morning and forfeit it if you smoke. You keep the money if you don't smoke by the end of the week. Try to extend this period to a month.
29. If you gain weight because you are not smoking, you need to modify your diet. Remember your taste buds come alive again. The equivalent health risk to one pack of cigarettes a day is well over 50 pounds overweight.
30. If you are depressed or have physical symptoms that might be related to your smoking, relieve your mind by discussing this with your physician. It is easier to quit when you know your health status.
31. Visit your dentist after you quit and have your teeth cleaned to get rid of the tobacco stain.
32. If the cost of cigarettes is your motivation for quitting, try purchasing a money order equivalent to a year's supply of cigarettes. Give it to a friend. If you smoke in the next year, he cashes the money order and keeps the money. If you don't smoke, he gives back the money order at the end of the year.
33. After you have quit, never face the confusion of "craving a cigarette" alone. Find someone you can call or visit at this critical time.
34. Get out of your old habits. Seek new activities or perform old activities in new ways. Don't rely on the old ways of solving problems. Do things differently.

35. If you are a “kitchen smoker” in the morning, volunteer your services to schools or non-profit organizations to get you out of the house.
36. Stock up on light reading materials, crossword puzzles and vacation brochures you can read during your coffee breaks.
37. Frequent places you can’t smoke, such as libraries, buses, theatres, swimming pools, department stores or just going to bed during the first weeks you are off cigarettes.
38. Give yourself time to think and get fit by walking one-half hour each day. If you have a dog, take him for a walk with you.

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