

# SMOKING CESSATION

*IT ISN'T EASY, BUT IT'S WORTH IT...*

## **Why Quitting is Hard**

Many ex-smokers say quitting was the hardest thing they ever did. However, millions of people have been able to do it and you can too. An important first step of the quit process is learning why you feel like you need to smoke. When you understand why you smoke, you can prepare yourself to find the best ways to quit.

### ***Withdrawal***

One of the main reasons smokers keep smoking is nicotine. Nicotine is a chemical in cigarettes that makes you addicted to smoking. Over time your body gets used to having nicotine. However, the more you smoke, the more nicotine you need to feel normal. When your body doesn't get nicotine, you may feel uncomfortable and crave cigarettes. This is called withdrawal.

It takes time to get over withdrawal. Most physical symptoms go away after a few days to a week, but cigarette cravings may stick around longer. So don't give up. You can do this. Visit our withdrawal page to get tips on handling symptoms of withdrawal.

### ***Triggers***

When you smoke, it becomes an important part of your life. Certain activities, feelings, and people are linked to your smoking. When you come across these things, they may "trigger" or turn on your urge to smoke. Try to anticipate these smoking triggers and develop ways to deal with them. Here are a few tips:

Go to places that don't allow smoking. Shops, movie theatres, and many restaurants are now smokefree. Spend more time with non-smokers. You won't want to smoke as badly if you are around people who don't smoke.

Keep your hands busy. Play a game on your phone, eat a healthy snack, or squeeze a stress ball.

Take a deep breath. Remind yourself of the reasons why you want to stop smoking. Think of people in your life who will be happier and healthier because you decided to quit.

For a more detailed description of triggers and tips on handling them, visit our cravings page.

### ***Consider Using a Quit Smoking Program***

Quit smoking programs help smokers spot and cope with problems they have when trying to quit. The programs teach problem-solving and other coping skills. A quit smoking program can help you quit for good by: helping you understand why you smoke; teaching you how to handle withdrawal and stress; teaching you tips to help resist the urge to smoke; visit your county or state government's website to see if they offer quit smoking programs in your area. If you want to talk to a quit smoking counselor right away, call 1-800-QUIT-NOW. You can also get on the go quit support through your mobile phone with the SmokefreeTXT text messaging program.

## **Impact on Others**

You may not realize it, but your decision to quit smoking will protect the people in your life. Smoking harms both you and the ones you love. Think about how quitting will make the people you care about happier and healthier. This will motivate you as you begin your quit journey.

### ***How Does my Smoking Impact Others?***

The main way smoking hurts non-smokers is through secondhand smoke. Secondhand smoke is the combination of smoke that comes from your cigarette and smoke you breathe out while smoking. Breathing in any amount of secondhand smoke is dangerous. The one best way to protect your family from secondhand smoke is to quit smoking.

### ***What are the Health Effects of Secondhand Smoke?***

Breathing in secondhand smoke over time can cause a number of health problems for non-smokers. Adults are more likely to have cancer, heart disease, breathing problems, a harder time getting pregnant, colds and flu, irritated eyes, nose, and throat.

Secondhand smoke is especially dangerous for pregnant women, babies, and children. Pregnant women who breathe in secondhand smoke over time are more likely to: lose their babies; give birth to smaller babies; have their babies die of SIDS (Sudden Infant Death Syndrome); have babies who are cranky, restless, and get sick more often; have babies with learning problems. Children who breathe in secondhand smoke over time are more likely to have: more severe asthma attacks; bronchitis, pneumonia, and other breathing problems; coughing and wheezing; ear and lung infections.

### ***Other Ways Smoking Impacts Others***

You may not realize it, but smoking affects the people in your life in ways beyond their health. When you smoke, you may miss out on: spending time with your family and friends; having more money to spend on the people you love; setting a good example for your children. Did you know that children who are raised by smokers are more likely to become smokers themselves?

## **Prepare to Quit**

We get it, quitting is hard. But it is easier if you prepare ahead of time. When you feel like you are ready to quit, START by following these five steps:

### ***1. Set a Quit Date***

Pick a date within the next two weeks to quit smoking. This will give you enough time to prepare. Really think about your quit date. Avoid choosing a day where you know you will be busy, stressed, or tempted to smoke (for example, a night out with friends, days where you may smoke at work).

### ***2. Tell Family and Friends You Plan to Quit***

Quitting smoking is easier when the people in your life support you. Let them know you are planning to quit. Explain how they can help you quit. We all need different things, so be sure you let friends and family know exactly how they can help. Not sure what you need? Here are a few ways to START the conversation:

- Tell family and friends your reasons for quitting.
- Ask your friends and family to check in with you to see how things are going.
- Identify your smoking triggers, and ask your friends and family to help you deal with them.
- Ask your friends and family to help you think of smokefree activities you can do together (like going to the movies or a nice restaurant).
- Know a friend or family member who smokes? Ask them to quit with you, or at least not smoke around you.
- You are going to be tempted to smoke. Ask your friends and family not to let you have a cigarette—no matter what.
- Let your friends and family know that you may be in a bad mood while quitting; ask them to be patient and help you through it.
- Do you take any medicines? Tell your doctor or pharmacist you are quitting. You may need to change your prescriptions after you quit.
- Support is one of the keys to successfully quitting. Check out additional support options to help you quit.

### ***3. Anticipate and Plan for Challenges While Quitting***

Quitting smoking is hardest during the first few weeks. You will deal with uncomfortable feelings, temptations to smoke, withdrawal symptoms, and cigarette cravings. An important part of preparing to quit is anticipating these challenges. To get a head START, be aware of the following:

### *Uncomfortable Feelings*

The first few weeks after quitting, a lot of people may feel uncomfortable and will crave a cigarette. This is because of withdrawal. Withdrawal is when your body gets used to not having nicotine from cigarettes. Nicotine is the chemical found in cigarettes that makes you want to keep smoking. Some of the more common feelings that come with withdrawal are: feeling a little depressed; not being able to sleep; getting cranky, frustrated, or mad; feeling anxious, nervous, or restless; having trouble thinking clearly. You may be tempted to smoke to relieve these feelings. Just remember that they are temporary, no matter how powerful they feel at the time.

### *Smoking Triggers*

Triggers are specific persons, places, or activities that make you feel like smoking. It is important to know your smoking triggers so you can learn to deal with them.

### *Cravings*

Cravings are short but intense urges to smoke. They usually only last a few minutes. Plan ahead and come up with a list of short activities you can do when you get a craving.

## **4. Remove Cigarettes and Other Tobacco From Your Home, Car and Work**

You will be tempted to smoke during your quit. Stay strong; you can do it! Removing things that remind you of smoking will get you ready to quit. Try these tips:

- Throw away all your cigarettes and matches. Give or throw away your lighters and ashtrays. Remember the ashtray and lighter in your car!
- Don't save one pack of cigarettes "just in case." Keeping one pack just makes it easier to start smoking again.
- Remove the smell of cigarettes from your life. Make things clean and fresh at work, in your car, and at home. Clean your drapes and clothes. Shampoo your car. You will be less tempted to light up if you don't smell smoke.
- Have your dentist clean your teeth to get rid of smoking stains. Your teeth will look amazing. When you quit smoking, they will always look that way.
- Don't Use Other Products with Tobacco.

Thinking about using other tobacco products instead of cigarettes? Think again. All tobacco products contain harmful chemicals and poisons. Despite their name, light or low-tar cigarettes are just as bad as regular cigarettes. Smokeless tobacco, pipes, cigars, cigarillos, hookahs (waterpipes), bidi cigarettes, clove cigarettes, and herbal cigarettes also hurt your health. **No matter how they are presented in advertisements, all tobacco products are dangerous.**

## **5. Talk to Your Doctor or Pharmacist About Quit Options**

It is difficult to quit smoking on your own, but quitting "cold turkey" is not your only choice. Talk to your doctor or pharmacist about other support options. Most doctors and pharmacists can answer your questions, give advice, and tell you where to get quit smoking help.

Quit smoking medications are also an effective quit option. Many quit smoking medicines, especially Nicotine Replacement Therapy (NRT), are available without a prescription. This includes the nicotine patch, nicotine gum, or nicotine lozenge. Read the instructions before using any medications. If you have questions about a medication, ask your pharmacist. If you are pregnant or planning to become pregnant, consult your doctor before using any type of medication. If you plan on using quit smoking medications, remember to have them available on your quit day. Visit our medications page to learn more. If you need help right away, you can talk to a quit smoking counselor by phone or online.

## Explore Medications

### How do Quit Smoking Medicines Work?

When you first stop smoking, you may feel uncomfortable and will have the urge to smoke. This is due to withdrawal. Withdrawal is your body getting used to not having nicotine, the chemical in cigarettes that makes you want to keep smoking. Quit smoking medications help reduce feelings of withdrawal and cigarette cravings.

### Why Should I Use Quit Smoking Medications?

Using these medications can double your chances of quitting for good. They help reduce your cigarette cravings and withdrawal symptoms. They can also save you money. Quit smoking medications are usually used for a short amount of time. You will end up spending less to take these medications than to keep smoking.

### Which Quit Smoking Medications are Available?

The most commonly used quit smoking medications are nicotine replacement therapy (NRT). NRT reduces withdrawal by giving you a little bit of nicotine, but not any of the other dangerous chemicals found in cigarettes. This satisfies your nicotine craving and lessens your urge to smoke. As you quit, you will use NRT with less and less nicotine. This allows your body to gradually get used to being without nicotine. NRT options include patches, gum, lozenges, an inhaler, and nasal spray. Patches, gum, and lozenges are available without a prescription. If you are pregnant or planning to become pregnant, talk to your doctor or pharmacist before using NRT.

If you are unable to take NRT or it is not working for you, other quit smoking medications without nicotine are available. These medications can also help reduce withdrawal symptoms and cigarette cravings. You will need a prescription to use these medications. See your doctor or pharmacist to talk about your medication plan and to get a prescription.

Keep in mind that there is no "best" medication to help you quit, everyone is different. The medication guide below provides an overview of Food and Drug Administration (FDA) approved medications for smokers trying to quit. This guide may not include every medication currently available.

### Nicotine Replacement Therapy (NRT)

Method	Availability	Description
Nicotine Patches	Over-the-Counter	The nicotine patch is placed on the skin and gives users a small and steady amount of nicotine.
Nicotine Gum	Over-the-Counter	Nicotine gum is chewed to release nicotine. The user chews the gum until it produces a tingling feeling, and then places it between their cheek and gums.
Nicotine Lozenges	Over-the-Counter	Nicotine lozenges look like hard candy and are placed in the mouth. The nicotine lozenge releases nicotine as it slowly dissolves in the mouth.
Nicotine Inhaler	Prescription	A nicotine inhaler is a cartridge attached to a mouthpiece. Inhaling through the mouthpiece gives the user a specific amount of nicotine.
Nicotine Nasal Spray	Prescription	Nicotine nasal spray is a pump bottle containing nicotine, which is put into the nose and sprayed.

## Other Quit Smoking Medications

Method	Availability	Description
Bupropion	Prescription	Bupropion, also known as Zyban®, helps to reduce nicotine withdrawal and the urge to smoke. Bupropion can be used safely with NRT.
Varenicline	Prescription	Varenicline, also known as Chantix®, helps to reduce nicotine withdrawal and the urge to smoke. It also blocks the effects of nicotine from cigarettes if the user starts smoking again.

For more information on NRT and other quit smoking medications, visit our [withdrawal](http://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/withdrawal.html?s_cid=cs_1321) page at [http://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/withdrawal.html?s\\_cid=cs\\_1321](http://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/withdrawal.html?s_cid=cs_1321).

### Thinking About Using Quit Smoking Medications?

When deciding to use quit smoking medications, keep in mind the following:

Talk with your doctor or pharmacist about using medications if you...

- Are pregnant or nursing
- Have a serious medical condition
- Are currently using other medications
- Are under 18 years of age.

Read the instructions on the package carefully and talk with your doctor or pharmacist if you have questions. Most NRT products can be used alone or in combination. Talk with your doctor or pharmacist before taking more than one NRT product.

Medications alone can't do all the work. They can help with cravings and withdrawal, but they won't completely take away your urge to smoke. Even if you use medication to help you stop smoking, quitting may still be hard at times. Using other quit strategies with quit smoking medications gives you the best chance to quit. Quit strategies could include:

- [Developing a quit plan](#) (see next section of this booklet for details).
- Using quit programs such as [SmokefreeTXT](#) (a supportive mobile text messaging service) or [calling a quitline](#) (numbers can be found at <http://smokefree.gov/talk-to-an-expert>)
- Exploring other quit options. Visit the [Quit Smoking Methods Explorer](#) at <http://smokefree.gov/explore-quit-methods> to learn more (for ideas go to <http://smokefree.gov/explore-quit-methods>).

It is never too late to try quit smoking medications. No matter how long you have been smoking, your health will improve if you quit. No matter how much you smoke, quit smoking medications can help you quit. Your chance of becoming addicted to NRT is much lower as compared to cigarettes. There is less nicotine in NRT and it is delivered more slowly. Using quit smoking medications doesn't mean you aren't strong enough to quit on your own. Using NRT can strengthen your resolve to quit and shows you are committed to quitting for yourself and others.

## **Making a Quit Plan**

One of the keys to a successful quit is preparation. A great way to prepare to quit smoking is to create a quit plan. Quit plans:

- Combine quit smoking strategies to keep you focused, confident, and motivated to quit
- Help you identify challenges you will face as you quit and ways to overcome them
- Can improve your chances of quitting smoking for good

The following steps will help you to create your own customized quit plan. As you move through the steps, keep a record of your plan and have it readily available during your quit.

### ***Pick a Quit Date***

When it comes to choosing a quit date, sooner is better than later. Many smokers choose a date within two weeks to quit smoking. This will give you enough time to prepare. Really think about your quit date. Avoid choosing a day where you know you will be busy, stressed, or tempted to smoke (e.g., a night out with friends or days where you may smoke at work).

Next Step: Circle your quit day on your calendar. Write it out somewhere where you will see it every day. This will remind you of your decision to become smokefree and give you time to prepare to quit.

### ***Let Loved Ones Know You Are Quitting***

Quitting smoking is easier with support from important people in your life. Let them know ahead of your quit date that you are planning to quit. Explain how they can help you quit. We all need different things, so be sure you let friends and family know exactly how they can help.

Next Step: Support is one of the keys to successfully quitting. However, it can be hard to ask for help, even from the people closest to you. Review tips on getting support to make sure you get the help you need.

### ***Remove Reminders of Smoking***

Getting rid of smoking reminders can keep you on track during your quit. Smoking reminders can include your cigarettes, matches, ashtrays, and lighters. It may also help to make things clean and fresh at work, in your car, and at home. Even the smell of cigarettes can cause a cigarette craving.

Next Step: Throw away all your cigarettes and matches. Give or throw away your lighters and ashtrays. Don't save one pack of cigarettes "just in case."

### ***Identify Your Reasons to Quit Smoking***

Everyone has their own reasons for quitting smoking. Maybe they want to be healthier, save some money, or keep their family safe. As you prepare to quit, think about your own reasons for quitting. Remind yourself of them every day. They can inspire you to stop smoking for good.

Next Step: Make a list of all the reasons you want to quit smoking. Keep it in a place where you can see it every day. Any time you feel the urge to smoke, review your list. It will keep you motivated to stay smokefree.

### ***Identify Your Smoking Triggers***

When you smoke, it becomes tied to many parts of your life. Certain activities, feelings, and people are linked to your smoking. When you come across these things, they may "trigger" or turn on your urge to smoke. Try to anticipate these smoking triggers and develop ways to deal with them.

Next Step: Make a list of everything that makes you feel like smoking. Now, write down one way you can deal with or avoid each item on your list. Keep this list nearby during your quit. Having trouble with your list? Find examples of ways to deal with smoking triggers on our cravings page.

## ***Develop Coping Strategies***

Nicotine is the chemical in cigarettes that makes you addicted to smoking. When you stop smoking, your body has to adjust to no longer having nicotine in its system. This is called withdrawal. Withdrawal can be unpleasant, but you can get through it. Developing strategies to cope with withdrawal ahead of your quit can help ensure you stay smokefree for good!

**Next Steps:** Medications and behavior changes can help you manage the symptoms of withdrawal. Many quit smoking medications are available over the counter. Make sure you have them on hand prior to your quit. While medications will help, they can't do all the work for you. Develop other quit smoking strategies to use with medications. Remember that withdrawal symptoms, including cravings, will fade with every day that you stay smokefree.

## ***Have Places You Can Turn to For Immediate Help***

Quitting smoking is hardest during the first few weeks. You will deal with uncomfortable feelings, temptations to smoke, withdrawal symptoms, and cigarette cravings. Whether it is a quitline, support group, or good friend, make sure you have quit smoking support options available at all times.

**Next Steps:** Plan on using multiple quit smoking support options. Keep them handy in case you need them during your quit. Here a few options you may want to consider:

**SmokefreeTXT:** A mobile text messaging service designed for adults and young adults across the United States who are trying to quit smoking.

**QuitGuide** is a product of Smokefree.gov—a smoking cessation resource created by the Tobacco Control Research Branch at the National Cancer Institute in collaboration with tobacco control professionals and smoking cessation experts and with input from ex-smokers.

**Quitlines:** If you want to talk to a quit smoking counselor right away, call 1-800-QUIT-NOW (1-800-784-8669).

**Quit Smoking Apps:** Mobile phone applications can help you prepare to quit, provide support, and track your progress.

**Support Groups:** Visit your county or state government's website to see if they offer quit smoking programs in your area.

**Friends and Family:** Getting support from the important people in your life can make a big difference during your quit.

**Medications:** If you are using a quit smoking medication, such as the patch, gum, or lozenges, make sure you have them on hand.

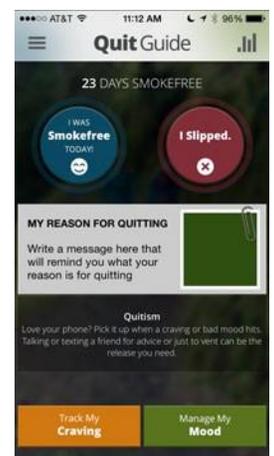
## **FREE QuitGuide Mobile App**

QuitGuide is a free app that tracks cravings, moods, slips, and smokefree progress to help you understand your smoking patterns and build the skills needed to successfully become and stay smokefree.

QuitGuide helps you:

- Track your cravings and mood
- Identify your reasons for quitting
- Get tips and distractions for dealing with cravings and bad moods
- Monitor your progress toward achieving smokefree milestones
- Track slips and the triggers that led to them
- Create journal entries.

Available for download on:



### ***Set Up Rewards for Quit Milestones***

Quitting smoking happens one minute, one hour, one day at a time. Reward yourself throughout your quit. Celebrate individual milestones, including being 24 hours smokefree, one week smokefree, and one month smokefree. Quitting smoking is hard, be proud of your accomplishments.

Next Steps: You should be proud every time you hit a quit smoking milestone. Treat yourself with a nice dinner, day at the movies, or any other smokefree activity. Plan out your milestones ahead of time and set up a smokefree reward for each one.

### **Getting Support as You Quit**

Getting support from the important people in your life can make a big difference as you quit. In fact, two out of five former smokers felt that support from others mattered a lot in their success. Remember that you are not in this alone. Your friends and family are there for you, in both good times and bad.

Follow these 12 tips to get the support you need:

#### ***1. Surround Yourself with People You Trust***

Think of the people you trust the most—people you can talk to about anything and who have been there for you when you needed them. They could be friends, significant others, parents, co-workers, or other family members. Whoever they are, spend more time with them.

Tip: Bring friends along for your daily activities. Grab lunch with a friend, get a group together to go shopping, or meet up at a sporting event.

#### ***2. Focus on People Who Can Help***

If a friendship doesn't feel right anymore, it might be time to let it go. Don't be afraid to try a little distance with people who aren't giving you the support you need. Letting go can be hard, but it is sometimes for the best.

Tip: Focus your energy on spending time with people who make you feel good about yourself and want you to succeed.

#### ***3. Invest in Your Relationships***

Make a point to invest time and effort in important relationships. People are more willing to provide support when they know you are there for them. You will also feel more comfortable calling on them for support if the relationship is strong.

Tip: Go to that movie your friend really wants to see, even if it's not your top choice. Or go out of your way to call a friend just to chat and see how things are going.

#### ***4. Ask for Help***

You might like to solve problems on your own, but the truth is we all need a little help from time to time. Go ahead and ask the people you trust. It doesn't mean you're weak. Your true friends will be there, ready and willing to help.

Tip: Not sure how to ask? Send a text or email to get the conversation started (e.g., I want to quit smoking. Can you help me?). Know an ex-smoker? Ask them why and how they quit.

### ***5. Be Specific About Your Wants***

Your friends and family won't always be able to predict what you need during your quit. Be specific about what support you want (and don't want). Try to be nice about it. They are just trying to do what is best for you.

Tip: Feeling stressed after a long day at work and craving a cigarette? Tell a friend and ask them to help plan a smokefree night out to distract you.

### ***6. Say Thank You***

Don't let acts of kindness go unnoticed. Tell your friends you appreciate them, whether you speak it, text it, or show it with your actions. Saying thanks doesn't take a lot of time, so do it in the moment before you forget.

Tip: Have a friend who gave up their last piece of gum to help you beat a cigarette craving? Buy some gum and give it to them with a note that says, "Thanks for helping me stay quit!"

### ***7. Avoid Stressful Situations***

Steer clear of the things that add unneeded stress to your day and look for more positive things to do.

Tip: Identify what stresses you out and come up with ways to deal with that stress. Stress can make you feel like you want to smoke. Ask friends and family to be aware of your stressors. They can help make your life easier during your quit.

### ***8. Grow Your Social Circle***

Give your social circle a boost by connecting with other people who share your interests. Start by thinking about the things you like to do. Then look for ways to get more involved in them. Get talking with the people around you, and chances are, you'll find you have stuff in common.

Tip: Strike up a conversation with someone new at work, join an intramural sport league, or volunteer. You never know who you will meet!

### ***9. Be Approachable***

How you present yourself to others is a big part of branching out and strengthening friendships. Make yourself approachable by making eye contact when talking with others. Smile. Sit and stand straight. Give compliments. People will be drawn to your confidence and positive attitude.

Tip: Say hi and smile to co-workers as you pass them at work, compliment a family member on how great their shirt looks, or tell your friend you like their new haircut.

### ***10. Be Hands-on***

Don't wait around for others to come to you. Create opportunities to spend time with friends by suggesting things to do. Join in conversations and give your opinion.

Tip: Reach out to the people you care about. Have lunch with a co-worker or friend. Invite friends over to your place for a game night.

### ***11. Listen***

Listening is a great way to strengthen and build friendships. Get people to open up by asking questions that can't be answered in just one word, like yes or no. Let them talk. Resist the urge to interrupt with your own comments and stories.

Tip: Are your friend's eyes glazing over when you talk? Take a breath and give them a chance to say something. Ask what they think of a new song you heard or if they have any plans for the weekend.

## ***12. Support Others***

Support is a two-way street. If you want others to be there for you, you have to be there for them, too. Check in with your friends and help them out when you can. Sometimes small favors mean the most.

Tip: Do something small to brighten someone's day. Make a friend smile by emailing or texting them a joke, get someone a small treat for their birthday, or call a family member to see how they are doing.

## **Steps to Take on Your Quit Day**

Congratulations on the decision to quit. Your first day without cigarettes can be difficult, but having a plan will make it easier! Don't rely on willpower alone to keep you smokefree. Prepare so that you can feel confident in your ability to stay quit today.

### ***Step One***

Tell your friends and family that today is your quit day. Ask them for support during these first few days and weeks. They can help you get through the rough spots, but make sure to tell them how they can support you. Be specific; they aren't mind readers.

### ***Step Two***

Get the support you need—either by developing your own quit plan or finding a quit program that works for you. A quit plan combines strategies that help you stay focused, confident, and motivated to quit. You might decide to use a quit program like SmokefreeTXT, or a quitline like 1-800-QUIT-NOW (1-800-784-8669), to get started. If you're not sure exactly which quit methods are right for you, visit the [Quit Smoking Methods Explorer](#) to learn more. If nicotine replacement therapy (NRT) is part of your plan, make sure to start using it first thing in the morning. Remember, there's no right way to quit—be honest about what you need. Just don't celebrate with a cigarette.

### ***Step Three***

Stay busy. It might seem simple, but staying busy is one of the best ways to stay smokefree on your quit day.

Try one of these activities:

Get out of the house

Go to dinner at your favorite smokefree restaurant

Go to a movie

Chew gum or hard candy

Keep your hands busy with a pen or toothpick

Relax with deep breathing

Plan a game night with non-smoking friends

Change your regular routine

Drink a lot of water

Exercise

### ***Step Four***

Avoid smoking triggers. Triggers are the people, places, things, and situations that trigger your urge to smoke. On your quit day, it's best to avoid them all together. Here are a few tips to help you outsmart some common smoking triggers:

- Throw away your cigarettes, lighters, and ash trays if you haven't already
- Avoid caffeine, which can make you feel jittery; try drinking water instead
- Hang out with non-smokers; most people don't smoke, so you should have options
- Go to a place where smoking isn't allowed; unless you want to break the law, you won't light up
- Get plenty of rest and eat healthy; lack of sleep and too much sugar can trigger you to smoke

### ***Step Five***

Stay positive, but vigilant. Quitting smoking happens one minute, one hour, and one day at a time. Don't think of quitting as "forever". Pay attention to right now, and the days will add up! Quitting smoking is difficult, but it doesn't hurt to say positive; don't beat yourself up. Day one isn't going to be perfect, but all that matters is you don't smoke—not even one puff. Reward yourself for being smokefree for 24 hours. You deserve it!

If you're not feeling prepared to quit today, set a quit date that makes sense for you. It's okay if you need a few more days to prepare to quit smoking.

Go to <http://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/index.html> for additional information.

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