

Make a Plan

1. Pick a quit date

Having a strict date to quit smoking helps you have a clear cutoff for when you're going to quit, so you can be ready.

2. Tell someone you're quitting

Having a friend who knows you're quitting can help you feel like you aren't alone in this - they will surely be supportive!

3. Remove reminders of smoking

Objects related to smoking can encourage you to start again, like ashtrays, lighters, or matches.

4. Plan your coping strategies

Quitting is difficult, and having a plan for when you want to have a smoke is critical. Will you have a snack? Go for a walk? Drink a tall glass of water and wait five minutes?

5. Write down why you quit

Before you have to deal with nicotine withdrawal, write down the reasons that you're quitting (Health? Family?) so that you can remind yourself easily when you want to smoke.

6. Reward yourself!

You will save a lot of money by not smoking. Depending on the severity of your habit, you might be spending thousands of dollars a year. Plan rewards using the money for a day, a week, a month, and a year!

Other Stuff

There has never been a better time to quit smoking - free resources are available all over the place, waiting for you to take advantage of them!

1-800-QUIT-NOW is a free service operated by the government that will connect you to your local jurisdiction's stop-smoking hotline. It is available 24 hours a day, 7 days a week. You can call **right now!**

This brochure was made by some random girl who finally quit nicotine. You should check out these places on the Internet:

www.cdc.gov/tobacco

www.lung.org/quit-smoking

www.samhsa.gov/find-help/national-helpline

www.smokefree.gov

I have some other documents which are available to you free at the URL below. I believe in you! You CAN quit smoking!!

Made by People

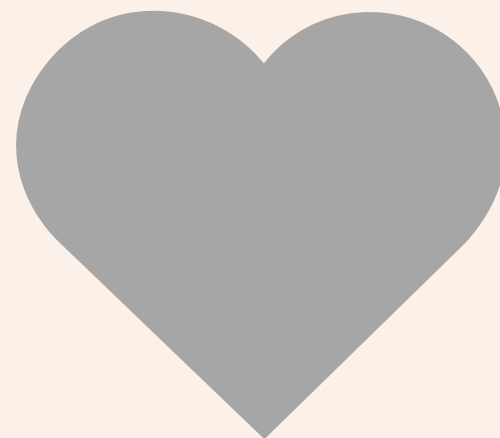
Who Fucking

Hate Cigarettes

<http://www.handcult.com/cigs>

2024

Stop Smoking



I Love You

Get Educated

Many smokers incorrectly believe that cigarette filters reduce toxins in the inhaled smoke. This is untrue; tobacco companies design filters to seem more effective than they are.

- ▶ Smoking causes more than just lung cancer - it damages your circulatory system and causes many other ailments such as emphysema, COPD, heart disease, gingivitis, diabetes, and erectile dysfunction. Smoking causes cancer throughout the entire body, not just the mouth and lungs.
- ▶ Smoking is the most preventable cause of death in the United States. One in five deaths in the United States are connected to smoking.
- ▶ Adults who do not smoke, but are exposed to secondhand smoke, increase their risk of heart disease by 25% and their risk of stroke by 20%. 41,000 die each year.
- ▶ Smoking reduces your quality of life today by reducing your ability to taste, smell, and breathe.

How to Quit

Quitting smoking is a big step, and the best decision available to improve your health. You probably know that it isn't easy to quit - but that doesn't mean you can't do it!

Quitting smoking is a journey, not a single decision. On average, it takes a smoker six tries to kick the habit for good. Some people quit faster, some slower. The most important part of quitting is to remember that having a single slip-up doesn't mean you have failed and should give up on quitting smoking - try , try again!

EVERY smoker can quit, even you! No tool in your arsenal to quit smoking is a waste. Different tools are effective for different people. Consider taking advantage of these:

- Nicotine patches or lozenges
- Stop-smoking support groups online or in your community
- Find a friend to stop smoking with you - you can help each other stay committed
- Have a plan for how to avoid smoking in "trigger" situations, like drinking alcohol
- Try both weaning off cigarettes and quitting cold-turkey. Don't resign yourself to vaping or using nicotine patches forever, view them as a tool to quit!

My Advice

Personally, it took me ten tries to kick smoking. On my successful go-around, I quit cold-turkey. The plateaus of difficulty for quitting have come in threes every attempt, and this was no exception:

- The first three days are extremely difficult. You are the most likely to relapse at this time, so it's important to have distractions available and to remember why you are quitting. You'll likely be very irritable.
- The first three weeks are slightly easier. The nicotine cravings moved further apart. I thought about smoking 2-3 times a day. The irritability was still there, but waned a bit.
- The first three months were the last "serious" urges to smoke. I'd think of smoking once every day or so. After the three months were up, urges became rare (and are way more mental than physical). I was no longer frustrated due to not having nicotine, and didn't "snap" at people.

The best motivation for me to quit was the way my sense of taste returned after about two months. Food tastes leagues better, and I can't imagine ever giving that up again for a habit that made me feel guilty all the time (and was killing me!)