

Some hints to help you remain *Smoke Free*



You've stopped smoking, then you begin to feel the urge to smoke again:

1. Get something for your hands to do... pick-up a pencil, a paperclip, a piece of tape to roll in your fingers.
2. Drink plenty of water.
3. Put something in your mouth... gum, hard candy, carrot or celery sticks.
4. Spend time where smoking is not allowed... malls, museums, theaters, libraries.
5. Do not allow cigarettes or ashtrays in your home or car.
6. Think through what will happen if you smoke... negative health effects, coughing, the smell, ...then what fun you can have with the money you save.
7. Exercise... take a walk, ride a bike (you may have to check with your doctor first)
8. Tell your friends, family and co-workers you want to quit smoking; and ask for their help.
9. Talk to your doctor or pharmacist about alternative treatment options... nicotine patches or gums, medications, etc.
10. If you do smoke again, don't give up. Many people slip. Figure out what triggered you to smoke, then try to avoid that trigger on your next attempt at stopping.

Remember... Whenever you find a stumbling block, use it for a stepping stone.

Helpful websites:

www.smokefree.gov

www.stjohnsmercy.org/homepage/tobaccofree.asp

www.nlhep.org/smoking.html