

Tips For Quitting Smoking

- Set a quit date.
- Contact the Wisconsin Quit Line 1-800-QUIT-NOW

Before Your Quit Date

- Recognize the places and situations in which you smoke.
- Rehearse alternative plans (a walk, a shower, a phone call) for the times you feel and urge to smoke.
- Inform others of your quit date and your reason for quitting. Ask your friends, family, and colleagues to support you in this process and not to smoke around you.
- Visualize yourself moving through familiar situations cigarette-free, breathing full and deep, and appreciating how good you feel.
- Begin reducing the number of cigarettes you smoke each day.
- Write down your reasons for quitting on a card. Frame your reasons positively, focusing on the future (ex. *"I will smell fresh and clean."* *"I will breathe deeply and clearly."*). Refer to your card when you have an urge to smoke.
- Start an exercise program.
- Keep a diary of each cigarette that you smoke: the date, the time, the situation and why you smoked it.
- Lock your cigarettes in a drawer or move them to an inconvenient place.
- If you use a lighter, switch to using matches. Keep cigarettes and matches in separate rooms. Buy a brand of cigarettes different than your favorite kind.
- Smoke with your non-dominant hand.
- Write down, add up, and contemplate how much money and time you spend on smoking daily, weekly, monthly, yearly.

After Your Quit Date

- Utilize acupuncture and Chinese herbs to eliminate cravings, balance the body, and calm the mind.
- Avoid activities and situations that might lead you to smoke. Lessen your intake of alcohol and caffeine.
- Keep nutritious snacks like fruit or carrot and celery sticks on hand to eat when you get the urge to smoke.
- Set aside a certain time each day for pleasurable exercise such as a brisk walk through a park.
- Learn a craft such as knitting or cross stitch that will occupy your hands while you are watching TV or talking on the phone.

- If smoking is the way you give yourself a rest, find other ways to give yourself a break: allow yourself to lie down for fifteen minutes after work or listen to a guided relaxation tape during your breaks at work.
- Get your teeth cleaned and resolve to keep them white.
- Put the money you would have spent on cigarettes into a special bank account. Treat yourself with the proceeds.
- Remind yourself often of how much better you are without cigarettes and honor yourself for restoring your power to shape your own life.
- Remember your card of reasons for quitting that you made? Now make a new card, only this time frame those reasons in the present tense. Refer to it any time you feel the urge to smoke.
- Visualize yourself moving through familiar situations cigarette-free, breathing deeply, and appreciating how much more air your lungs can take in, how much better you can smell and taste, how good that feels.