

# Smoking Cessation



If this is not your first time trying to quit, you are not alone. More than 70% of smokers want to quit, but few succeed without help.

## **IF YOU KNOW IT'S BAD FOR YOU, WHY CAN'T YOU QUIT?**

Because smoking is an addiction, and by definition, addictions are very difficult to overcome. When you smoke, cigarettes release a chemical called dopamine into your brain, which causes you to experience positive and pleasurable feelings. This "high" is what you come to crave and what makes it so hard to quit.

## **READY TO GET STARTED AND STAY MOTIVATED?**

- Pick a date within the next couple of weeks
- Quit at a time when your stress level is lower
- Make a firm personal decision to quit
- Be willing to try new thoughts and behaviors. Break the habit!
- Start a Quit Smoking Journal in which you track your progress and note setbacks
- Find support! Utilizing smoking cessation resources and treatment programs can double your success rate
- Find a Quit Buddy who will quit with you. Together, you will motivate each other!
- Call Deer Oaks EAP and talk to a professional counselor for support, resources, and motivation

## **KEEP THESE FACTS POSTED SOMEWHERE WHERE YOU CAN SEE THEM EVERYDAY:**

- Fifty (50) percent of long-term smokers will die from an illness caused by smoking.
- Those who die will lose an average of 16 years of life.
- Cigarette smoking accounts for nearly one-third of all cancer deaths.
- Smoking causes heart disease, stroke, multiple cancers, respiratory diseases, and other illnesses.
- Smoking doesn't only affect you. It also affects your loved ones. Secondhand smoke causes lung disease and lung cancer, as well as increases complications of pregnancy, such as pre-term delivery and low birth weights.
- Remember, smokers who quit will, on average, live longer and have fewer years living with a disability.
- As difficult as the process of quitting may be, remember that it will always be shorter than the time you spent smoking.
- Your withdrawal symptoms will get better with time. Your urge for a cigarette is short-lived. Just hang in there!



For more information, tips, motivational tools, and resources on addiction and smoking cessation, call Deer Oaks, your EAP.

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