

Tips to Help You Quit Smoking



So you have decided to stop smoking. Good for you! Deciding to quit is the first step on your journey to living without cigarettes and tobacco. Deer Oaks EAP Services, your Employee Assistance Program provider, can provide you with valuable resources, tips, and tools that can help you along the way. The following are a few things to keep in mind as you embark on your quest to quit smoking for good.

- **Make a list of all of the reasons why you decided to quit smoking.** Put the list aside for a day or two and then re-visit it. Add any additional reasons to the list then post it somewhere you will see it everyday or carry it with you. Whenever you feel tempted, read the list and remember why you are quitting!
- **You don't always drink when you smoke so why is it that you always smoke when you drink?** Learn what triggers your craving for a cigarette. Triggers can be anything from boredom, anger, and nervousness to drinking alcohol, driving your car, or finishing dinner. The key is to be aware of your triggers and to take steps to disassociate those behaviors or activities with smoking. For example, if you always smoke while driving, put the cigarettes in the trunk, drive to your destination, and then smoke. Each time you do this, increase the amount of time between the drive and the smoke (5 minutes, then 10 minutes, then 20 minutes, etc.). Soon you will realize that you don't always need to smoke while driving!
- **Consider using a medication such as the nicotine patch or nicotine gum to curb your cravings.** Using some sort of medicine nearly doubles your chances of success! Ask your doctor what is right for you.
- **Ask for Help and Seek Support from Friends and Family.** No one expects you to do this alone. Support from family and friends is invaluable. They can keep you motivated and help you through the tough moments. It is all right to ask them to not smoke around you. If you have a craving for a cigarette, give a good friend a call instead. The craving will pass. Maybe you can even find someone to quit with you.
- **Here are some resources where you can find additional information on how to quit smoking:**
The American Lung Association- <http://www.lungusa.org>
Become an Ex: Re-Learn Life Without Cigarettes- <http://www.becomeanex.org/>



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