

# Tips to Stop Smoking

## Plan

- **Make a list of all the reasons you want to quit.** Write down your reasons and carry them with you. Read them when you feel the urge to smoke.
- **Set a goal.** Make a plan to reduce the number of cigarettes you smoke in a day. Set a start and finish date.
- **Record your smoking habits.** Keep a record of when and where you smoke, and the reasons why.

## Support

- **Get support.** Ask your friends and family to help you stop smoking. Call them or talk to them when you have the urge to smoke.
- **Team up with someone to quit smoking.** Look for a family member or friend who also wants to quit. You can give support and share helpful tips with one another.
- **Don't give up.** A step backward doesn't mean failure. Begin again and don't look back.
- **Reward yourself.** Keep track of the money you save and reward yourself with something nice.
- **Still need help?** Ask your doctor about medication.

## Manage

- **Replace the urge to smoke.** Try chewing sugarless gum or mints. Keep celery, carrots, rice cakes and other chewy, low calorie snacks handy.
- **Find something new to do.** Keep yourself busy and happy with a new hobby or project.
- **Exercise.** Exercising three or more times a week reduces your urge to smoke and boosts your confidence.
- **Get rid of smoking reminders.** Don't keep your cigarettes handy. Put them in a place you wouldn't normally use. Throw away all ashtrays, lighters and matches.
- **Choose "no smoking" areas** – Spend more time in places where smoking is not allowed.
- **Manage your stress.** Work to change or accept some of the problems that give you the urge to smoke.
- **Remember the facts.** Smoking causes cancer and harms the health of the people you smoke around.



For more information, call the Health Education Information Line at **1-800-804-6074** (TTY: 711) or visit [www.CalVivaHealth.org](http://www.CalVivaHealth.org).

# Lus Qhia Pab kom Txiav Kev Haus Luam Yeeb



Kom tau lus qhia  
ntxiv, hu rau lub  
Health Education  
Information Line (tus  
xovtooj muaj lus qhia  
kawm txog kev noj  
qab haus huv) ntawm  
**1-800-804-6074**  
(TTY: 711)  
lossis mus xyuas  
[www.CalVivaHealth.org](http://www.CalVivaHealth.org)

## *Kev Npaj*

- **Teev ib daig ntawv qhia tag nrho tias vim li cas koj thiaj li xav txiav.** Sau koj cov lus hais tias yog vim li cas thiab muab nqa nrog nraim koj. Muab los nyeem thaum koj huam yees xav haus luam yeeb.
- **Teev ib lub hom phiaj.** Npaj ib txoj kev los mus txo cov luam yeeb uas koj haus ntawm ib hnub twg. Teem hnub pib thiab hnub xaus.
- **Sau tseg koj cov cwj pwm haus luam yeeb.** Sau tseg tias thaum twg thiab qhov twg uas koj haus luam yeeb, thiab yog vim li cas.

## *Kev Txhawb Nqa*

- **Nrhiav kev txhawb nqa.** Hais kom koj cov phooj ywg thiab tsev neeg pab koj txiav luam yeeb. Hu rau lawv los yog nrog lawv tham thaum koj muaj yees xav haus luam yeeb.
- **Koom tes nrog ib tug neeg los mus txiav luam yeeb.** Nrhiav ib tug neeg hauv koj tsev neeg los yog ib tug phooj ywg uas yeej xav txiav thiab. Koj yuav muab tau kev txhawb nqa rau thiab pab lwm tus neeg sib pauv tswv yim.
- **Ua tiag tsis txhob tso tseg.** Ib kauj ruam rov qab tsis yog hais tias koj ua tsis tau. Pib dua thiab txhob tig saib rov tom qab.
- **Muab khoom plig rov rau yus tus kheej.** Suav cov nyiaj uas koj khaws tseg tau thiab muab yuav khoom plig zoo rau koj tus kheej.
- **Puas tseem xav tau kev pab ntxiv?** Nug koj tus kws kho mob txog tsuaj.

## *Kev Tswj*

- **Muab qhov kev muaj yees haus luam yeeb hloov.** Sim ntsuas noj cov qhov noom yas uas tsis muaj piam thaj los yog cov uas tsw ha. Muab cov zaub kav, hauv paus zaub daj, ncuav nplej thiab lwm yam khoom noj ntsuas uas tsis hnyav tso kom ze kev.
- **Nrhiav tej yam tshiab ua.** Nrhiav kev ua ub no tsis so li thiab kom muaj kev zoo siab rau tej yam koj nyiam ua los yog tej yam koj npaj ua.
- **Mus yoj ib ce.** Kev yoj ib ce peb lwm los yog ntau tshaj ntawd tauj ib lub lim piam yuav txo tau koj qhov kev muaj yees haus luam yeeb thiab pab kom koj muaj siab tuaj.
- **Muab tej yam ua rau koj ras txog luam yeeb tshem tawm.** Txhob cia koj cov luam yeeb nyob ze kev. Muab tso rau ib lub chaw uas koj tsis tshua siv. Muab tag nrho cov tais rau quav luam yeeb, cov ntais roj thiab ntais ntawv pov tseg.
- **Xaiv cov chaw “tsis pub haus luam yeeb”** - Mus nyob rau ntawm cov chaw uas txwv tsis pub haus luam yeeb kom ntau tshaj.
- **Tswj koj cov kev nyuaj siab.** Sib zog los mus hloov los yog lees tej yam teeb meem uas ua rau koj muaj yees xav haus luam yeeb.
- **Nco ntsoov txog cov lus tseeb.** Kev haus luam yeeb yuav tsim tau kab mob khees xaws thiab ua mob rau cov neeg nyob ib cheeb tsam ntawm koj txoj kev noj qab haus hus thaum uas koj haus luam yeeb.



Cov lus qhia no tsis yog siv los hloov txoj kev kho mob los ntawm ib tug kws txawj. Thov ua raws li koj tus kws pab kho mob cov lus cob qhia tas mus li. Cov kev pab cuam thiab cov kev pab yuav hloov thaum twg los tau.