

Stop Smoking the Smart Way

IT'S NOT EASY TO STOP SMOKING – BUT THESE TIPS CAN HELP!

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.
- **Talk to your doctor.** Ask about quitting aids, such as patches and gums. They might be covered as a benefit.



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.



- **Call a helpline.** It doubles your chance of quitting for good! Sign up for no-cost smoking or vaping programs. Counseling and text options available. Call California Smokers' Helpline at 1-800-NO-BUTTS.

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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.

California Smokers' Helpline
1-800-NO-BUTTS
or 1-800-662-8887.
www.nobutts.org.
Counselors are available weekdays, 7 a.m. to 9 p.m., and weekends, 9 a.m. to 5 p.m.
Or sign up 24/7 online.

This information is not intended as a substitute for professional medical care. Always follow your health care provider's instructions. Programs and services are subject to change.