



## RESPIRATORY HEALTH ASSOCIATION® *of Metropolitan Chicago*

### **10 tips to help you quit smoking... for good!**

1. Write down a list of reasons why you want to quit. Carry it with you and remind yourself of the reasons when you have the urge to smoke. Smokers who are motivated become quitters.
2. Set a date. Stopping smoking is probably the most important health decision you will make in your life, so don't quit on a whim; take time to plan your strategy.
3. Remove all evidence of smoking from your life. Clean your car interior, launder your clothes, put away your ashtrays, and get rid of all your cigarettes. Keeping cigarettes or lighters "just in case," undermines your self-confidence.
4. Change your typical daily routine in as many ways as possible. When you eat breakfast, don't sit in the same place at the kitchen table. Rearrange your furniture. Take a new route to work. Drink tea instead of coffee. Have lunch in the conference room rather than at your desk.
5. Reward yourself for not smoking. Set goals, both short term and long term. Have a specific reward (not something you were going to do anyway!) for each milestone you reach. Research shows that filling out contracts and rewarding yourself are popular activities among successful quitters.
6. Cut down alcohol and caffeinated beverages. Drink a lot of water. Carry a water bottle with you everywhere you go.
7. Plan ahead for temptation. Eat frequent small meals to stabilize your blood sugar levels. Keep healthy substitutes (like carrots, raisins, gum, hard candy and lollipops) handy to keep your hands and mouth busy. You can also keep your hands busy by carrying a stress ball or a doodle pad or a pack of cards.
8. Do something physical (take a walk, do some push-ups, just DO SOMETHING), especially when you are angry, stressed or bored.
9. Be proactive about spending time with non-smokers and/or ex-smokers. Plan non-smoking tactics before you go to events where other people might be smoking.
10. If you slip and smoke, don't be discouraged. Many former smokers tried to stop several times before they finally succeeded. Just like anything new, you have to practice not smoking to get it right. If a slip happens, stop right there. Examine what went wrong. Learn from what happened. And quit again.

Visit [www.lungchicago.org](http://www.lungchicago.org) for more tips and resources to help you quit!



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