

Need More Help?

Contact:

 **Southwest Nebraska
Public Health Department**
www.swhealth.ne.gov • 308-345-4223

American Cancer Society
www.cancer.org • 1-800-ACS-2345

American Lung Association
www.lung.org/stop-smoking • 800-LUNG-USA

American Legacy Foundation
www.legacyforhealth.org

Centers for Disease Control
www.cdc.gov/quitting/tips • 1-800-311-3435

QuitNet
www.quitnet.com

SmokeFree
www.smokefree.gov

Tobacco Free Nebraska
www.quitnow.ne.gov • 1-800-784-8669



Things to do instead of smoking:

- ◆ Take a walk
- ◆ Talk with a friend
- ◆ Read your favorite book
- ◆ Take a nap
- ◆ Eat a healthy snack
- ◆ Drink some water
- ◆ Take a few deep breaths
- ◆ Play a game
- ◆ Take a shower
- ◆ Take up a hobby



Remember cravings only last 3-5 minutes. The idea is to occupy yourself long enough that the craving will pass. For each day that you don't smoke, your cravings will decrease.

**DON'T TAKE A PUFF-
THE CRAVING WILL PASS!!!**

 **Southwest Nebraska
Public Health Department**

PREVENT • PROMOTE • PROTECT

404 West 10th St
(1 block north of Arby's)

PO Box 1235
McCook, NE 69001

Ph: 308-345-4223 • Fax: 308-345-4289
www.swhealth.ne.gov

Prevent. Promote. Protect.

▶ Quit Smoking



 **Southwest Nebraska
Public Health Department**



5 Keys for Quitting Smoking



GET READY

- ◆ Set a quit date and stick to it. Don't take a single puff!
- ◆ Think about past quit attempts. What worked for you and what did not?



GET SUPPORT & ENCOURAGEMENT

- ◆ Tell your family, friends and coworkers you are quitting.
- ◆ Talk to your doctor or other health care provider.
- ◆ Get group, individual, or telephone counseling.



LEARN NEW SKILLS AND BEHAVIORS

- ◆ When you first quit, change your daily routine.
- ◆ Reduce stress.
- ◆ Distract yourself from urges to smoke.
- ◆ Everyday, do something you enjoy.
- ◆ Drink a lot of water and other fluids.



GET MEDICATION

- ◆ Talk with your healthcare provider about which medication will work best for you:
 - ◆ Nicotine Replacement Therapy: Patches, Lozenges, Gum, Inhalers, & Nasal Spray.
 - ◆ Non-Nicotine Replacement Therapy: Chantix[®] & Zyban[®]



BE PREPARED FOR TOUGH SITUATIONS OR RELAPSE

- ◆ Avoid alcohol.
- ◆ Be careful around others who smoke.
- ◆ Improve your mood in ways other than smoking.
- ◆ Eat a healthy diet and stay active.
- ◆ Chew sugarless gum or suck on sugarless lollipops.
- ◆ Snack on raw vegetables.
- ◆ Use a relaxation technique, such as deep breathing to deal with stressful situations.



When facing a craving or tough situation, remember the 5 D's:

DRINK WATER

Slowly sip clear water– up to 8 glasses a day. The water flushes nicotine out of your body.

DEEP BREATHE

Take 10 slow, deep breaths in through your nose and out ever so slowly through your mouth. Deep breathing will help you feel relaxed and in control.

DO SOMETHING ELSE

Focus on being busy doing something you like besides smoking. The idea is to keep from thinking about smoking at all.

DISCUSS

Talk with a friend or family member about what's happening to you. Tell them how you are feeling. Sharing your thoughts will help a lot.

DELAY

Allow some time. Don't reach for the cigarette right away. Count to 200 and then to 250. Urges to smoke pass in about 3 to 5 minutes.

My reasons for quitting

1. _____
2. _____
3. _____

For help quitting, call the Nebraska TOLL-FREE Quitline: **1-800-QUIT-NOW**