



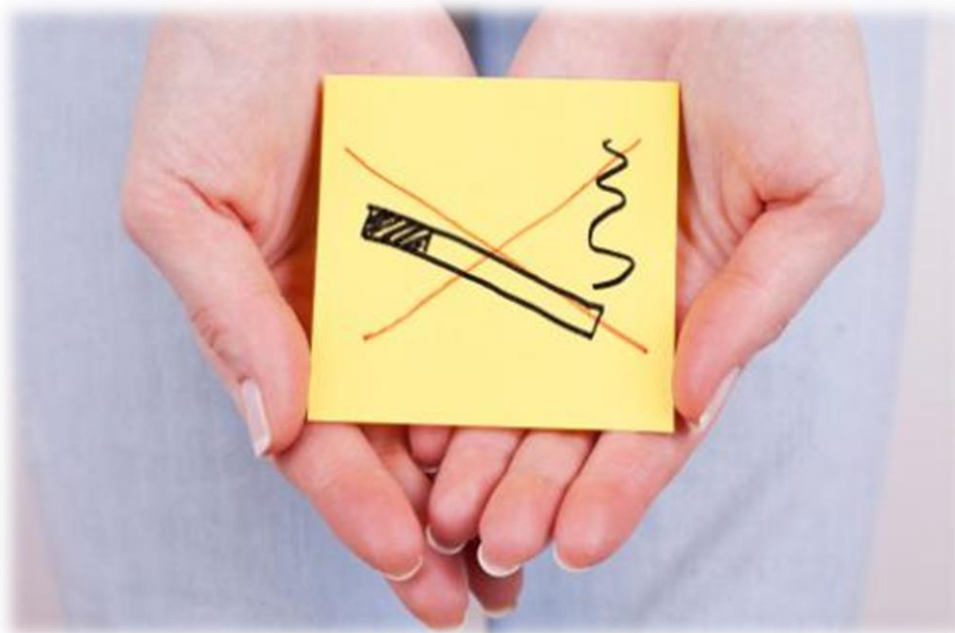
# Smoking Cessation 戒烟

life  beats

# Smoking Cessation戒烟

Cigarette smoking is one of the most addictive habits. It's also one of the most deadly. Half of all smokers die prematurely, an average of eight years earlier than nonsmokers. The good news is that half of all people who have ever smoked have successfully kicked the habit. You can, too!

吸烟是最容易上瘾的习惯之一。这也是最致命的。所有吸烟者中有一半过早离世，数据统计显示吸烟者比比不吸烟者平均早逝8年。好消息是曾经吸过烟的人群中有一半已经成功戒烟。你也可以做到



# Steps to Quit戒烟步骤

## [Develop a Plan](#)

Consider options such as self-help groups, counseling, relaxation exercises, aversion techniques, hypnotism, and nicotine gum or patches. For specific information on these options, call your doctor. You may also want to talk to successful quitters about what strategies worked for them.

### 制定计划

考虑选项，如自助小组，心理咨询，放松练习，规避方法，催眠术和尼古丁口香糖或贴片。有关这些选项的具体信息，请致电您的医生。您可能也想与成功戒烟者谈谈什么策略对他们有效。

## [Have a Support System](#)

Ask your family, friends and co-workers for their support and patience. Explain that you may be irritable for awhile. Support programs are another valuable resource.

### 有支持系统

寻求你的家人，朋友和同事们的支持和耐心。解释你可能会烦躁一段时间。支持计划是另一种宝贵的资源。

## [Quit Cold Turkey](#)

Most former smokers kicked the habit by quitting cold turkey. Cutting back gradually just reinforces the habit, and switching to lower tar brands usually leads to smoking more cigarettes or inhaling more deeply.

### 退出无用的东西

先前烟民戒烟用一些没用的东西。削减他们只是逐渐加强了吸烟，并切换到通常比较低焦油品牌往往导致吸更多支香烟或吸入更深。

## [Be Positive](#)

When you're tempted to light up, stop and think about the benefits of not smoking. For example: You're dramatically reducing the risk of developing lung cancer and/or heart disease.

### 充满正能量

当你忍不住要点烟时，停下来想想不吸烟的好处。例如：你是大大降低患肺癌和/或心脏疾病的风险。

# The Basics of Quitting 戒烟的根本

- There are many ways to quit smoking. There are also resources to help you. Family members, friends, and co-workers may be supportive. But to be successful, you must really want to quit.
- 有许多方法来戒烟。也有资源来帮助你。家人，朋友和同事可能会支持。但要取得成功，你必须真的要想戒烟。
- Most people who have quit smoking were unsuccessful at least once in the past. Try not to view past attempts to quit as failures. See them as learning experiences.
- 已经戒烟成功的人大多数至少曾经在过去有一次戒烟失败的经历，。尽量不要查阅以往戒烟 的失败的经历。多看看他们成功的经验。
- It is hard to stop smoking or using smokeless tobacco. But anyone can do it.
- 很难通过使用无烟烟草达到停止吸烟的目的。但有些人可以做到这一点。



# Common Symptoms after You Quit 戒烟的普通症状

- An intense craving for nicotine 对尼古丁强烈的渴望
- Anxiety, tension, restlessness, frustration, or impatience 焦虑, 紧张, 烦躁, 沮丧或不耐烦
- Difficulty concentrating 注意力不集中
- Drowsiness or trouble sleeping, as well as bad dreams and nightmares 嗜睡或睡眠问题, 以及坏梦和噩梦
- Drowsiness and trouble sleeping 嗜睡和睡眠问题
- Headaches 头痛
- Increased appetite and weight gain 食欲增加和体重增加
- Irritability or depression 易怒或抑郁

*How bad your symptoms are depends on how long you smoked.  
How many cigarettes you smoked each day also plays a role.*

症状有多厉害取决于你抽了多久。每天抽多少支香烟也起着一定的作用。



# Ready to Quit?准备好戒烟了吗

- **Set a quit date.** Quit completely on that day. Before your quit date, you may begin reducing your cigarette use.  
• 设置一个戒烟日期。这一天完全戒掉。在戒烟日之前，你可能会开始减少你的香烟吸烟量。
- **List the reasons why you want to quit.** Include both short- and long-term benefits.列出你为什么想要戒烟的理由。包括短期和长期的好处。
- **Identify the times you are most likely to smoke.** For example, do you tend to smoke when feeling stressed or down? While drinking coffee? When bored? While driving? Right after a meal? When you are with other smokers?  
• 找出你最有可能吸烟的时间。例如，你往往会有烟瘾强和弱的时间？喝咖啡吗？无聊的时候？在驾驶？一顿饭后？当你与其他吸烟者一起的时候？
- **Let your friends, family, and co-workers know of your plan to stop smoking.** Tell them your quit date. It can be helpful if they know what you are going through, especially when you are grumpy.  
• 让你的朋友，家人和同事知道你停止吸烟的计划，。告诉他们你的戒烟日。它可以帮助他们知道你正在经历什么，尤其是当你脾气暴躁的时候。
- **Get rid of all your cigarettes just before the quit date.** Clean out anything that smells like smoke, such as clothes and furniture.  
• 在结束日期之前扔掉所有的香烟。清理掉任何闻起来有烟味的衣服和家具。



# Make a Plan 制定计划

- Make a plan about what you will do instead of smoking at those times when you are most likely to smoke. 在原来吸烟的时间中安排一些要做的事情
- Be as specific as possible. For example, drink tea instead of coffee. Or, take a walk when you feel stressed. 越具体越好。例如，喝茶，而不是咖啡。当你感到压力采取散步的方法。
- Remove ashtrays and cigarettes from the car. Put pretzels or hard candies there instead. Pretend-smoke with a straw. 扔掉车上的烟灰缸和香烟。用饼干或硬糖代替替代。代替烟用吸管。
- Find activities that focus your hands and mind. But make sure they are not taxing or fattening. Solitaire, knitting, sewing, and crossword puzzles may help. 找一些事情做，关键是你的双手和头脑。但要确保它们不要停下来。接龙，编织，缝纫，填字游戏可以帮助你。
- If you normally smoke after eating, find other ways to end a meal. Eat a piece of fruit. Get up and make a phone call. Take a walk (a good distraction that also burns calories). 如果饭后常抽烟的习惯，寻找其他方式来结束一餐。吃一片水果。起床，打个电话。散步（一个很好的分心方法也能小消耗热量）。



# Change Your Lifestyle 改变你的生活方式

- Make other changes in your lifestyle. Change your daily schedule and habits. Eat at different times or eat several small meals instead of three large ones. Sit in a different chair or even a different room. 使你的生活方式发生转变。改变你的日常时间表和习惯。在不同的时间吃饭或吃多餐而不是3餐。坐在不同的椅子 甚至使用不同的房间。
- Satisfy your oral habits in other ways. Eat celery or another low-calorie snack. Chew sugarless gum. Suck on a cinnamon stick. 在其他方面满足您的口腔习惯。多吃芹菜或其他低热量的零食。嚼无糖口香糖。吸上桂皮棒。
- Go to public places and restaurants where smoking is prohibited or restricted. 去哪些禁止吸烟和限制吸烟的公共场所
- Eat regular meals, and don't eat too much candy or sweet things. 饮食要定时定量, 不要吃太多糖果或甜的东西。
- Get more exercise. Take walks or ride a bike. Exercise helps relieve the urge to smoke. 更多的锻炼。散步或骑自行车。锻炼有助于降低吸烟的欲望。





# Set Goals 设定目标

- Set short-term quitting goals and reward yourself when you meet them. Every day, put the money you normally spend on cigarettes in a jar. Later, buy something you like.
- 设定戒烟短期目标，当你达到目标时奖励自己。每一天，把你平时花在香烟上的钱放在一个罐子里。用它来买自己喜欢的东西。
- Try not to think about all the days ahead you will need to avoid smoking. Take it one day at a time. 尽量不要去想前面所有的日子里，你需要一天一天的来避免吸烟
- Even one puff or one cigarette will make your desire for more cigarettes even stronger. However, it is normal to make mistakes. So even if you have one cigarette, you don't need to take the next one.
- 即使是一顿烟或一根香烟也会使你渴望更多的香烟。不过，这是正常的犯错。所以，即使你吸了一根烟，你也需要不吸下一根。



# Other Tips 其他小贴士

- Enroll in a smoking cessation program. Hospitals, health departments, community centers, and work sites often offer programs.
- 报名参加戒烟计划。医院, 卫生部门, 社区中心, 和工作地点经常提供一些节目。
- Ask your health care provider about prescription medications that are safe and appropriate for you.
- 请让您的健康医生提供有关安全的适合你的处方药物。
- Find out about nicotine patches, gum, and sprays. See also: Nicotine replacement therapy
- 了解尼古丁贴片, 口香糖, 喷雾剂等。另请参阅: 尼古丁替代疗法
- Above all, don't get discouraged if you aren't able to quit smoking the first time. Nicotine addiction is a hard habit to break. Try something different next time. Develop new strategies, and try again. Many people take several attempts to finally kick the habit.
- 总之, 不要气馁, 如果你不能够一次戒烟。尼古丁成瘾是一个很难打破的习惯。尝试下一次不同的东西。制定新的战略, 然后再试一次。很多人需要尝试多次才能最终戒除烟瘾。

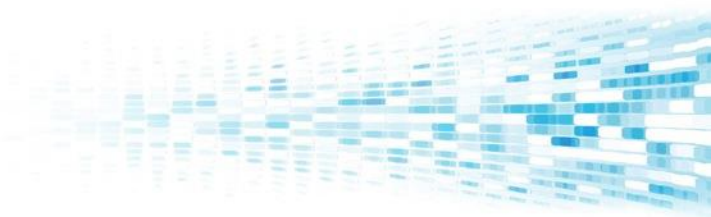
# Resources 资源

## Web Sites & Links 网站链接

- [LifeBeats Smoking, Drug, and Alcohol Abuse Page](#)
- [WHO Tobacco Free Initiative](#)
- <http://www.nhs.uk/smokefree>



# Resources – U.S. 美国资源



## Web Sites & Links 网站链接

- The American Cancer Society's web site, [www.cancer.org](http://www.cancer.org), is an excellent resource for smokers who are trying to quit. The Great American Smokeout can also help some smokers in the U.S. kick the habit.
- [www.lungusa.org](http://www.lungusa.org)
- [www.cis.nci.nih.gov](http://www.cis.nci.nih.gov)
- Employees in the U.S. may also be eligible to participate in the Quit for Life program. Click [Quit for Life](#) for more information.

Always Remember to Check Signals!

# Check Signals

## pre-task analysis



**WHAT COULD GO WRONG?**

**WHAT PRECAUTIONS SHOULD I TAKE?**

**CAN I DO THE JOB SAFELY?**

# Focus - Start to Finish