



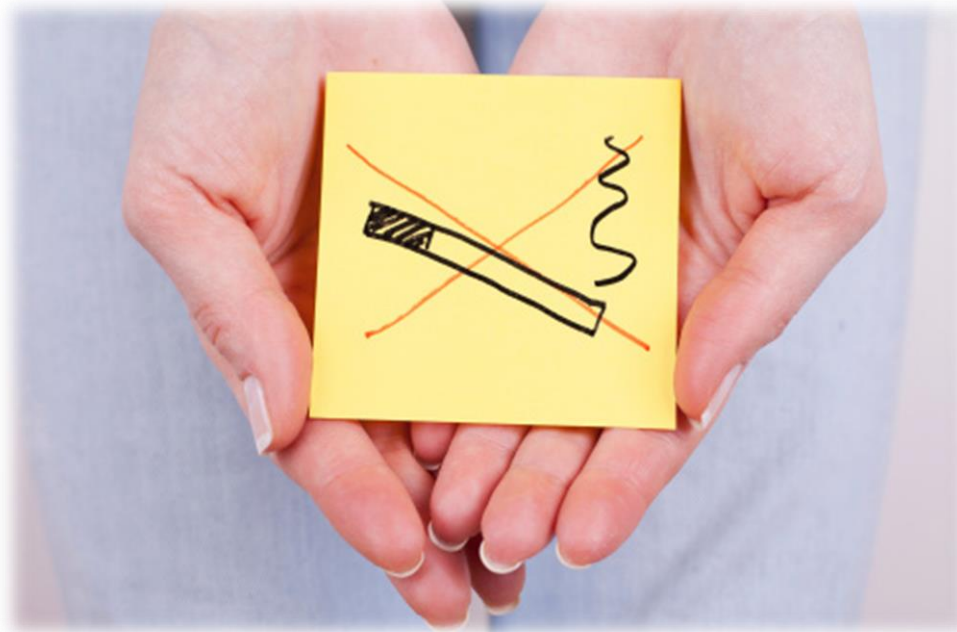
# Smoking Cessation

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life  beats

# Smoking Cessation

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!



# Steps to Quit



## 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.

## 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.

## 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.

## 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.

# The Basics of Quitting

- 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.
- 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.
- It is hard to stop smoking or using smokeless tobacco. But anyone can do it.



# Common Symptoms after You Quit

- An intense craving for nicotine
- Anxiety, tension, restlessness, frustration, or impatience
- Difficulty concentrating
- Drowsiness or trouble sleeping, as well as bad dreams and nightmares
- Drowsiness and trouble sleeping
- Headaches
- Increased appetite and weight gain
- Irritability or depression

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



# Ready to Quit?

- **Set a quit date.** Quit completely on that day. Before your quit date, you may begin reducing your cigarette use.
- **List the reasons why you want to quit.** Include both short- and long-term benefits.
- **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?
- **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.
- **Get rid of all your cigarettes just before the quit date.** Clean out anything that smells like smoke, such as clothes and furniture.



# Make a Plan

- Make a plan about what you will do instead of smoking at those times when you are most likely to smoke.
- Be as specific as possible. For example, drink tea instead of coffee. Or, take a walk when you feel stressed.
- Remove ashtrays and cigarettes from the car. Put pretzels or hard candies there instead. Pretend-smoke with a straw.
- 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.
- 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).



# Change Your Lifestyle

- 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.
- Satisfy your oral habits in other ways. Eat celery or another low-calorie snack. Chew sugarless gum. Suck on a cinnamon stick.
- Go to public places and restaurants where smoking is prohibited or restricted.
- Eat regular meals, and don't eat too much candy or sweet things.
- Get more exercise. Take walks or ride a bike. Exercise helps relieve the urge to smoke.





# Set Goals

- 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.
- Try not to think about all the days ahead you will need to avoid smoking. Take it one day at a time.
- 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.



# Other Tips

- Enroll in a smoking cessation program. Hospitals, health departments, community centers, and work sites often offer programs.
- Ask your health care provider about prescription medications that are safe and appropriate for you.
- Find out about nicotine patches, gum, and sprays. See also: Nicotine replacement therapy
- 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.

# Resources

## Web Sites & Links

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



# Resources – U.S.



## Web Sites & Links

- 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