



## Smoking & Quitting

**When You Are Trying to Quit. . . Instead of smoking:**

**Look for a different way to give yourself a boost.**

- Go for a brisk walk or do some stretches.
- Take a break from what you're doing.
- Try deep breathing.

**Look for other ways to relax.**

- Treat yourself to a bubble bath, a long shower, or a hot cup of tea.
- Work on a hobby or read a book.
- Visit a friend who doesn't smoke.

**Reach for something else when you're feeling down or lonely.**

- Call a friend.
- Put on your walking shoes and get outside.

**Admit you're hooked and try to break free!**

- When you feel like smoking, hold out for 5 minutes, then 10, then 15 minutes.
- Ask your doctor about getting help to quit.
- Get instant help: Call the Utah Tobacco Quit Line at **1.888.567.TRUTH** or visit **utahquitnet.com**.

### **Kick the habit!**

- When you have a break at work, go for a quick walk instead of a quick smoke.
- Be aware of other habits that make you want to smoke, like drinking coffee or sitting around after a meal.
- Pick up some healthy habits: munch on carrots and celery, or go for a walk right after eating.

### **Don't let the fear of gaining weight keep you from quitting tobacco (most people gain only 3-5 pounds.)**

- Drink extra water and keep healthy snacks in an easy-to-reach place.
- If you must have something in your mouth, chew gum.

### **Talk to friends and family about your plans to quit.**

- Ask family and friends not to smoke around you.
- Try to get others to quit when you do—you can help each other out.

### **Tell yourself you can do it!**

- Set yourself up for success:
  - choose a quit date when you're not under stress.
  - reward yourself for big AND small successes.

### **Stay busy and keep moving.**

- Put your energy into projects like gardening or yard work, washing the car, sweeping, or cleaning.
- Spend your free time where smoking isn't allowed.

### **Hang in there—you'll get past the tough moments.**

- Do some exercise to blow off steam.
- Ask others to be patient with you.
- Stay away from things you connect with smoking.

### **Prepare yourself for quitting.**

- Remove cigarettes and other tobacco from your home, car, and work space.
- Set a quit date and stop!
- Plan for the challenges you'll face while you're quitting.
- Eat healthy, be physically active, and get enough sleep.

### **Ask for help if you need it.**

- You can call the toll-free Utah Tobacco Quit Line at **1.888.567.TRUTH**. A quit coach will work with you right away to make a plan for quitting. Ask how you can get free nicotine replacement therapy.