

## Stop Smoking Tip Sheet

1. Stop cold turkey. In the long-term it's the simplest and the most effective strategy to stop smoking.
2. Don't have cigarettes on you.
3. Stop smoking one day at a time. Don't worry yourself with the following year, following month, following week or even tomorrow. Center on not smoking from the minute you wake till you turn in.
4. Work at formulating the attitude that you're doing yourself a favor by not smoking. Don't linger over the thought that you're stripping yourself of a cigarette. You're freeing yourself of full-fledged smoking as you care enough about yourself to wish to.
5. Be pleased that you're not smoking.
6. Be cognizant that many routine situations will set off the urge for a smoke. Spots which will trigger a reaction include:  
Drinking coffee, alcoholic beverages, sitting down in a bar, sociable events with smoking acquaintances, card games, the finish of meals. Attempt to sustain your regular routine while stopping. Whenever any event appears too tough, leave it and come back to it later. Don't feel you must lay off any activity eternally. Everything you did as a tobacco user, you'll learn to do at any rate as well, and perhaps better, as an ex-smoker.
7. Arrive at a list of all the rationalities why you wish to stop smoking. Keep this list with you, preferably where you used to have your smokes. Once you discover yourself reaching out for a smoke, pull out your list and read it.
8. Consume plenty of fruit juice the first 3 days. It will help purge nicotine out of your system.
9. To assist against weight gain, consume veggies and fruit rather than sweets. Celery and carrots may be utilized safely as short-run substitutes for smokes.

10. If you're worried about weight gain, do some restrained form of steady exercise. If you haven't been exercising on a regular basis, confer with your doctor for a pragmatic exercise program which is good for you.

11. If you come across a crisis, (e.g. a flat tire, flood, snowstorm, family sickness) while stopping, remember, smoking is no answer. Smoking will merely complicate the original state of affairs while producing a different crisis, a lapse into the nicotine addiction.

12. Think about yourself a "smoke-a-holic." A single puff and you are able to get hooked once again. Regardless how long you've been off, don't believe you are able to safely consider a puff!

13. Don't argue with yourself how much you need a cigarette. Ask yourself how you feel about returning to your old level of use. Smoking is an all or zero proposal.

14. Keep the money you commonly spend on smokes and buy yourself something you truly want after a week or a month. Save for a year and you'll be able to treat yourself to a holiday.

15. Rehearse deep breathing drills when you have a craving.

16. Go to spots where you usually can't smoke, like movies, libraries and restaurants.

17. Tell individuals around you that you've stopped smoking.

18. Recall that there are only 2 great reasons to take a puff once you stop. You determine you wish to go back to your old level of use till smoking lames and then kills you, or, you resolve you truly like withdrawal and you wish to make it last eternally. As long as neither of these choices attracts you- don't pick up the smokes.