

# QUITTING:

## ONE OF THE MOST IMPORTANT STEPS YOU CAN TAKE TO SAVE YOUR LIFE.

***When you're ready, We're here to help.***

*1 out of 2 people who continue to smoke will die early because of their smoking.*

### **By Quitting:**

- ◆ You lower your risk of heart disease, stroke, cancers and lung disease. You will breathe easier.
- ◆ You lower your family's risk of illness from being exposed to second and third-hand smoke.
- ◆ You can save money for the things you really want.
- ◆ Your skin and body will look younger.
- ◆ You will have less problems with your mouth, including bad breath and losing teeth.
- ◆ Your children are less likely to use tobacco.

### **Tips to Help You Quit (even if you tried before)**

- ◆ There are many reasons to quit. Find your reasons and write them down; it will remind you why you're quitting.
- ◆ Talk to a health care provider about medications that may help you with your quit.
- ◆ Find your support system - friends, family, co-workers, online support, CT Quitline, BecomeAnEX.org. Tell them your plans and that you want their support in quitting.
- ◆ Pick a Quit Date and write it down on a calendar or some place where you will see it often.

- ◆ Write down the things that make you want to smoke. Then write down how you can deal with the triggers instead of smoking. Stress can be a big trigger. Learn ways to cope with stress without smoking.
- ◆ If you have tried to quit in the past, think about what helped you and what did not.
- ◆ Change your routines that involve smoking. For example, if you usually smoke after eating, get up from the table and go for a walk. If you usually smoke with coffee, try tea instead. Avoid places where smoking is allowed.
- ◆ Keep your hands busy. Find something you like to do. Some examples are doodling, knitting, playing cards, or playing with paper clips.
- ◆ Drink water. This helps to flush the nicotine and other chemicals out of your body.
- ◆ In case you slip, don't give up, just try to quit again. It may take a few tries to quit for good.

## Resources to Help You Quit

- ◆ Talk to your health care provider about programs and medications that may help you to quit.
- ◆ Call the Connecticut Quitline at 1-800-QUIT NOW and 1-855-DEJELO YA or register online at [www.quitnow.net/connecticut](http://www.quitnow.net/connecticut) for help with your quit plan.
- ◆ Join [BecomeAnEX.org](http://BecomeAnEX.org) for information about quitting and blogging with others who are quitting.
- ◆ Check the Connecticut Department of Public Health website at [www.ct.gov/dph/tobacco](http://www.ct.gov/dph/tobacco) for group and individual programs in your area.

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