



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.