



Healthy
HotSpot

Connect to places for healthy living.

10 tips to help you quit smoking for good

Stay motivated. Make a list of reasons to quit and carry the list with you. Revisit these reasons when you have the urge to smoke.

Set a date. Quitting smoking is one of the most important health decisions a person can make, but it takes work and commitment. Setting a quit date in advance and making preparations is key to starting a new, smoke-free life.

Remove all reminders of smoking. To get smoking out of your life, clean out your car, wash your clothes, put away your ashtrays, and get rid of all your cigarettes. Keeping cigarettes or lighters “just in case” undermines your self confidence.

Change your routine. Cut smoke breaks out of your life and remove temptations by changing your routine as much as possible. For example, sit in a different place at the kitchen table, take a new route to work, or drink tea instead of coffee.

Reward yourself for not smoking. Set short- and long-term goals, and reward yourself for each milestone you reach. Make a ‘contract’ with yourself or a friend to help you stay resolved.

Drink more water. When you have the urge to smoke, drinking water can combat the craving and get your mind off of smoking. Also avoid alcohol and caffeine, which are common triggers for people who smoke.

Plan ahead for temptation. Eat frequent and sugar-free meals to stabilize your blood sugar levels. Keep substitutes (such as carrots, raisins, gum, hard candy and lollipops) handy to keep your hands and mouth busy. You can also keep your hands busy by carrying a stress ball, a doodle pad or a pack of cards.

Get moving. When a craving hits, get up and go for a walk, do some push-ups or any physical activity. Staying active will keep your mind off of smoking until the craving passes.

Find support. Be proactive about spending time with non-smokers and/or ex-smokers. Make a plan before you go to events where other people might be smoking.

Don't be discouraged. Many former smokers tried to stop several times before they finally succeeded. If you give in to a craving, don't let it get you down. Examine what went wrong, learn from what happened, and quit again!

Quit for good.

Call 1-866-QUIT-YES

Ask the Quitline about a Courage to Quit® or Freedom From Smoking® class near you.

Visit www.quityes.org

Healthy HotSpot is an initiative led by the Cook County Department of Public Health that aims to build healthy places in suburban Cook County through community partnerships. For more information, visit healthyhotspot.org.

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