

Quitting Smoking



The health risks of smoking are clear, but that doesn't make it any easier to kick the habit. Whether you're an occasional smoker or have been smoking for most of your life, quitting can be really hard. The START acronym can help you make a plan to quit smoking.

- **S = Set a quit date.** Choose a date within the next two weeks, so you have enough time to prepare without losing your motivation to quit.
- **T = Tell family, friends, and co-workers.** Tell family, friends, and co-workers. Let your friends and family in on your plan to quit smoking and in what ways you may need their support and encouragement. Look for a quitting buddy who also wants to stop smoking. You can help each other navigate the ups and downs.
- **A = Anticipate challenges.** Most people that relapse do so within the first 3 months. It is best to prepare for common challenges, such as nicotine withdrawal and cigarette cravings.
- **R = Remove cigarettes from your home, car, and work environment.** Throw away all cigarettes, lighters, ashtrays, and matches. Wash your clothes and freshen up anything that smells like smoke. Shampoo your car, clean your drapes and carpet, and steam your furniture.
- **T = Talk to your doctor.** Your doctor can prescribe medication to help with cravings. If you can't see a doctor, some products can be purchased over the counter at your local pharmacy, including nicotine patches, lozenges, and gum.