

7

STEPS TO QUIT SMOKING

FROM THE TEMPLE HEALTHY CHEST INITIATIVE

STEP 1

Find Your Triggers

- Find what makes you crave a cigarette.
- Write down where you are, what you are doing, the time of day, and your mood each time you smoke.
- After seven days, review your list and see if you notice any patterns.



STEP 2

Know Why You Are Quitting

- Write down all your reasons for quitting.
- Keep your list handy at all times.
- If you have tried to quit smoking before and were not successful, it does not mean you will not succeed this time.



STEP 3

Make Your Plan to Quit

- Get rid of all cigarettes, lighters, and anything that reminds you of smoking.
- Think about signing up for a program and/or support group to help you quit.
- Talk with your doctor about the use of nicotine replacement therapy or other medicines.

STEP 4

Get Ready for Your Quit Day

- Review the list you made in Step 1 and plan for how you are going to deal with the things that tempt you to smoke.
- Focus on your reasons for quitting.
- Share your plans to quit smoking with family, friends, and those around you. It will help to have their encouragement and support along your journey.



STEP
5

QUIT!

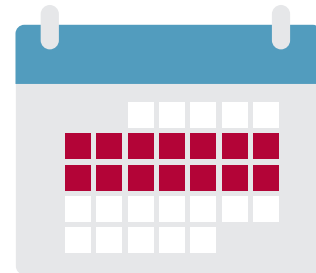
- Do your best to stay away from your triggers when you can.
- When a craving happens, have a plan to beat it!
- Instead of smoking, try:
 - drinking water
 - taking a walk
 - deep breathing
 - reading a book
 - chewing gum/mints
 - calling a friend



STEP
6

Fight What Tempts You During the First Two Weeks

- Remember that you have not given something up. You have gained your freedom and self-control over a bad habit.
- If you do slip and have a cigarette, forgive yourself! It does not mean you failed.
- Remember, most smokers relapse a few times before they quit. Get back on track!



STEP
7

Stay Focused and Reap the Benefits

- As your progress continues, congratulate yourself on your success!
- Think about what you have gained by giving up smoking... for your body, your mind, and your wallet!



To learn more about the 7 steps and Temple's Smoking Cessation Program, please call 800-TEMPLE-MED.



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