

Tips to Quit Smoking



Smoking increases your chances of developing heart disease or having a stroke.

Get ready

- **Set** a quit date.
- **Write down** your reasons for quitting and your triggers.
- **Plan** how you'll respond to urges to smoke.
- **Talk** to your healthcare provider about using a nicotine patch or other medications to help you quit.
- **Don't let** people smoke in your home.
- **Don't try** to cut back by buying just one cigarette at a time instead of buying the pack. This costs more money, and you can lose count and end up smoking more cigarettes.
- **Review** your past attempts to quit. Think about what worked and what didn't.
- Once you quit, **don't smoke—NOT EVEN A PUFF!** One cigarette can cause you to start smoking again.

Line up support

- **Tell** your family, friends, and coworkers that you're going to quit and want their help. Ask them not to smoke around you.
- **Connect** with others who have quit. Hearing about other people's success can be a great motivator.
- **Get** individual, group, phone, or online counseling. The more counseling you have, the better your chances are of quitting.
- **Try** meditation, yoga, or other relaxation techniques (such as guided imagery). It might help you quit.
- **Find out** whether any local organizations sponsor quit-smoking clinics or other activities that will support you.

Find ways to relax

- **Try to distract** yourself from urges to smoke. Talk to someone, go for a walk, or get busy with a task.
- **Change** your routine. Use a different route to work.
- **Try** warm milk to help you relax at night.
- **Reduce** stress by listening to music, doing yoga, watching a show, or dancing to your favorite music—whatever works for you.
- **Plan** something enjoyable to do every day.
- **Drink** a lot of water when you feel the urge to smoke.

Contact

- Call the National Cancer Institute Smoking Quitline at 1-877-448-7848, or visit [cancer.gov/contact](https://www.cancer.gov/contact).
- States also have quit lines with trained counselors. Call 800-QUIT-NOW (1-800-784-8669) to connect to your state's quit line.
- The websites [smokefree.gov](https://www.smokefree.gov) and [betobaccofree.hhs.gov](https://www.betobaccofree.hhs.gov) have many free resources to help you quit, including apps, a chat line, a motivational text service, and more.

