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presented by

 CaroMont Health

Tips to Quit Smoking

Change your environment. Get rid of all cigarettes, ashtrays, lighters and matches.

Prepare yourself. Have creative alternatives available, such as sugar-free gum, low-calorie snacks, etc. Plan an enjoyable activity and start it before the temptation occurs.

Make use of your social world. Tell a lot of people that you've quit smoking. Make clear to your smoking friends that you don't want them to give you a cigarette (most relapse cigarettes come from friends). Tell a friend about an upcoming temptation and ask them to give you some encouragement in the situation (perhaps before a tense meeting).

Keep your goal in mind. Rehearse your reasons for quitting. Promise yourself something you enjoy (movie, dinner) for getting through the first week. Get involved in activities that don't go with smoking (exercise, meditation). Imagine yourself as you'd like to feel, enjoying favorite activities without smoking.

Reduce the appeal of temptations. Think about the harmful things cigarettes do to you. Think about the diseases you're concerned about if you go back to smoking.

As you can see from these examples, your willpower does not depend on some inner strength – but it rests on how well you anticipate temptations and how creatively you act to change them.

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