



You want to quit smoking. You know that you'll feel better and you'll be taking care of your health. You also know that quitting won't be easy. But you can do it! These tips can help.

1. Get ready!
 - Getting emotionally prepared makes it easier to quit successfully.
 - Think about your reasons for quitting. They may include your health, your family's health, money, or just being tired of the hassle of smoking.
 - Write your reasons down. Each day, pick one reason and repeat it to yourself ten times.
2. Pick a Quit Day
 - Pick a day and mark it on your calendar. Avoid holidays or high-stress times at home or work.
 - As you get closer to your quit day, try cutting back on the amount you smoke.
3. Ask Friends and Family for Support
 - Build a strong support system at home and work.
 - Ask friends if they will be "on call" to talk when you have cravings.
 - Join a quit group for support and to help you gain quitting skills.
4. Consider Nicotine Replacement and other medications
 - Build a strong support system at home and work.
 - Ask friends if they will be "on call" to talk when you have cravings.
 - Join a quit group for support and to help you gain quitting skills.
 - Call the NC Quitline at 1-800-QUIT-NOW!
5. Make a clean start
 - The day before quitting, throw out all of your cigarettes. Wash and put away ashtrays.
 - Wash your clothes to get rid of the smell of smoke. Clean your car or house too.
6. Getting through the first day
 - Studies show that if you can make it through the first day without a cigarette, you are ten times more likely to quit for good.

- Be prepared not to feel as good as usual. You may feel tired, hungry, tense or edgy.
 - Hang in there. You will start to feel better soon, usually within a few days.
 - Drink lots of water. This will help you deal with cravings.
 - Avoid drinking extra coffee, sodas, or other drinks with caffeine. They can make you feel even more tense.
7. Avoid triggers
- If you normally join other smokers on coffee breaks, for example, go for a short walk instead.
 - Avoid bars, parties or other activities that will make it hard not to smoke.
8. Be prepared for temptation
- No matter how committed you are, at times you may crave a cigarette.
 - When cravings hit, take a walk, call a friend, do anything you can to keep away from smoking.
 - If you need to put something in your mouth, try sugarless gum, flavored toothpicks, sunflower seeds or carrots.
9. Get Moving
- Go for a walk, go bowling, do whatever you enjoy. Exercise is a good way to relieve the stress and edgy feelings you may have when you first quit.
 - Exercise will also help control your weight while quitting.
10. Don't give up!
- If you slip and have a cigarette, don't give up. It often takes several tries to quit for good.
 - Learn from the experience. Having one cigarette doesn't make you a smoker again.
 - Reward your successes.
 - Buy yourself flowers for making it through the first day.
 - Take yourself to a good movie at the end of the week.
 - Save the money you would spend on cigarettes and buy yourself something special.