Smoking Cessation: Kick the Habit

Smoking is both a physical and psychological addiction. As with all addictions, it can be difficult to quit. But the health and financial benefits gained when you quit are tremendous.

While some smokers successfully quit cold turkey, most do better with a plan to keep themselves on track. To set a plan, first set a date to quit within the next couple of weeks so you have time to prepare. A good plan should address your specific needs and smoking habits. Take time to think of when you normally smoke such as after meals, during stressful times, and/or during certain activities.

Once you stop smoking you may have to cope with nicotine withdrawal symptoms and cravings. Withdrawal symptoms can last for a few days to weeks and vary from person to person. Distract yourself during difficult moments with activities such as taking a walk, listening to music, or calling a friend. It helps to remind yourself of the reasons why you quit smoking. Focus on benefits of quitting such improved health and the money you are saving.

Some smokers find it helpful to use smoking cessation medications to ease withdrawal symptoms and reduce cravings. Talk to your doctor about your options. Keep in mind that most people try to quit smoking several times before they stop for good. Having a small setback does not mean you are a smoker again. Identify the challenges that led you back to smoking, learn from your mistakes and start over again.

Resources to Help You Quit

1-800-QUIT Now
(1-800-784-8669)
Pennsylvanians 14 years of age or older who smoke or use chewing tobacco can call to receive the helping hand they may need to end their addiction to tobacco.

http://smokefree.gov
Take quizzes, develop a quit plan or sign up for Smokefree texts.

www.determinedtoquit.com
Provides resources for tobacco users to quit.