

# A focus on **Smoking** 10 step plan to stop

**1. Prepare yourself for quitting.** To convince yourself that you want to quit, make a list of all the reasons why you should.

**2. Set a target date for quitting.** Make the date sacred: mark it on your calendars at home and at work, and tell it to your family and friends. Above all, don't change it for any reason.

**3. Begin to condition yourself physically a few weeks before.** Start a simple exercise program; drink more fluids; get plenty of sleep; and improve your diet by reducing the amounts of fat and sugar you eat.

**4. Make smoking inconvenient.** Only buy cigarettes by the pack; stop buying them by the carton. And don't buy a new pack until the old one is empty. Also, stop carrying cigarettes around with you at home and at work.

**5. Find alternative ways to relax.** Learn one or two stress reduction techniques before you quit.

**6. On the day you quit:** Throw away all your cigarettes and matches. Go to the dentist and have your teeth cleaned. Keep very busy – go to the movies, take long walks or engage in some other sort of exercise. Ask your friends and family to help you if the going gets tough. Buy yourself a treat or do something special for yourself to celebrate your quit date.

**7. Immediately after you quit:** Develop a clean, fresh nonsmoking environment at home and at work; have your clothes cleaned, for example, and your rug shampooed. Drink lots of water and juice and avoid alcohol and caffeine.

**8. Avoid temptation.** For the first month after you quit, participate in lots of healthful, outdoor activities; visit lots of museums, libraries, theaters, and public places where smoking is not allowed.

**9. Find new habits.** If you miss having something in your hand play with a pencil or a marble.

**10. If you feel the need, get some help.** Ask your physician about various treatments that might help you stop smoking, such as taking oral medication or using nicotine patches. You may contact any of the following associations for helpful information and counseling:

- The National Cancer Institute:  
800.4.CANCER
- American Cancer Society:  
800.227.2345
- American Heart Association:  
800.242.8721
- American Stroke Association:  
888.4.STROKE
- American Lung Association:  
800.LUNG.USA

If you fail in your attempt to stop smoking, don't be discouraged – Try again. Smokers, who successfully quit smoking for good, make an average of four serious attempts to quit before being successful. The more unsuccessful attempts you make, the more likely that the next time will work.



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