

You want to quit smoking. You know that quitting won't be easy.

You can do it!

Keep in mind it usually takes several times to quit for good. Take small steps and learn what works for you.

Don't give up!

When you quit, you will:

- Have more energy
- Breathe easier
- Have more money to spend on other things
- Be a healthy role model for others
- Feel proud that you did it!

Want help to quit?

1-800-QUIT-NOW
(1-800-784-8669)
or visit QuitNowNH.org

Are you a teen who wants help?
MyLifeMyQuit.com
Text "Start My Quit" to 36072



Breathe New Hampshire has served the people of New Hampshire since 1916. Through education, advocacy, research, and partnerships, we are working to eliminate lung disease and improve the quality of life for those living with lung disease in New Hampshire.

We invite you to join us as a volunteer, partner, or donor, so that we can continue to strengthen our efforts.



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BreatheNH.org

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Quit Smoking



10 STEPS TO QUITTING



1. Get ready

- Make a list of your reasons for quitting
- Think about the places and things that make you want to smoke, so you can be prepared

2. Pick a quit day

- Pick a day and put it on your calendar
- Give yourself enough time to get ready for your quit day

3. Get support

- Tell your friends and family how they can help
- Visit the QuitNowNH.org Helpline or call **1.800.QUIT.NOW** (1.800.784.8669) if you, a friend, or a family member wants help or more information
- For teens visit MyLifeMyQuit.com or text "Start My Quit" to 36072

4. Get products to help you quit

- Ask your doctor about smoking cessation tools that can help you, such as prescription medicines, nicotine patches, nicotine gum, or lozenges
- If you have insurance, ask if these products are free or discounted

5. Start fresh

- Get rid of cigarettes, ashtrays, and lighters before your quit day
- Clean your home, car, and where you work
- Don't let people smoke in your home or car

6. Get through quit day

- You may feel tired, on edge, or tense but these feelings will pass
- Drink a lot of water
- Stay busy
- Avoid alcohol
- Remember your reasons for quitting

7. Avoid triggers

- Places or things that make you most want to smoke
- Drinking coffee, drinking alcohol, driving, and talking on the phone
- If you cannot avoid a trigger, plan to do something other than smoking

8. Be ready when cravings hit

- Carry hard candy, gum
- Call a friend
- Play a game
- Take deep breaths
- Remember the urge will only last a few minutes



9. Do Something else

- Walk more, faster, longer
- Go for a hike with a friend
- Try an exercise class or yoga
- Find a new hobby or volunteer

10. Don't give up

- If you "slip" and smoke, don't give up
- Think about what you learned from your "slip"
- Reward yourself for your efforts

**For more information, visit
BreatheNH.org or call
603.669.2411**

