

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.

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?

Call the New Hampshire Smokers' Helpline.

1-800-Try-To-STOP
(1-800-879-8678)

or go to
www.trytostopnh.org



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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Quit Smoking



10 STEPS TO QUITTING



1. Get ready

- Write down your reasons for quitting
- Think about the places and things that make you want to smoke, so you can avoid them and 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
- Avoid holidays or high-stress times

3. Get support

- Tell your friends and family how they can help you
- Call the New Hampshire Smokers' Helpline at **1-800-Try-To-STOP** (1-800-879-8678) if you, a friend, or a family member wants help or information



4. Get medicine to help you quit

- Ask your doctor about medicines that can help you, such as nicotine patches, nicotine gum, or pills
- If you have insurance, ask if these medicines 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

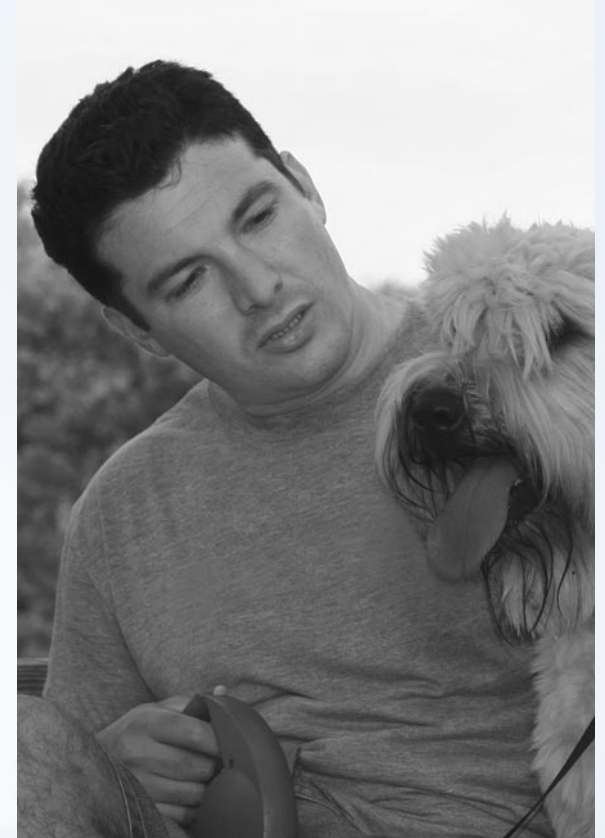
- You may feel tired, on edge, or tense but these feelings will pass
- Drink a lot of water
- Stay busy
- Avoid alcohol
- Remember your reasons for quitting

7. Avoid triggers

- Avoid the places or things that make you most want to smoke
- Some common triggers: drinking coffee or alcohol, driving, and talking on the phone
- If you cannot avoid a trigger, plan to do something else instead of smoking

8. Be ready when cravings hit

- Carry hard candy, sugarless gum, or toothpicks
- Call a friend
- Brush your teeth
- Do a crossword puzzle
- Take deep breaths



9. Get moving

- Go for a walk
- Try something new, such as bowling, mini-golf, or yoga
- Take the stairs

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 more information, visit our website at www.breathenh.org or call 1.800.835.8647.