



# Bright Ideas To Help You Quit

If you smoke for **STIMULATION** try:\*

- Getting enough rest
- Exercising regularly
- Moving around is drug-free stimulant
- Eat regular, nutritious meals
- Drink lots of cold water
- Avoid boredom, which can make you feel tired

If your obstacle is **HANDLING** cigarettes;\*

- Pick up a pen or pencil
- Play with a coin, twist a ring or handle any harmless object
- Eat regular meals
- Find a hobby that keeps your hands busy
- Have a low-fat or low-sugar snack like carrot sticks, apple slices, or a bread stick

Do you smoke for **PLEASURE**? Remember;\*

- *How good foods taste now*
- *You feel and look fresh in social situations without smoking*
- *It is easier to walk, run, and climb stairs without smoke in your lungs*
- *How good it feels to be in control of the urge to smoke*
- *You can spend the money you save on another kind of pleasure for yourself*
- *The many health benefits of quitting*



Tips for **TENSION REDUCTION**;\*

- Use relaxation techniques, the 4 D's
- Exercise regularly
- Remember smoking does not resolve problems; figure what will and act
- Avoid or get out of stressful situations
- Get enough rest, take time to rest
- Enjoy relaxing, take a hot bath, have a massage, lay in the hammock, listen to music

To deal with **CRAVINGS**;\*

- Explore using nicotine replacement therapy
- Smoke more than you want for a day or two before you quit. This "overkill" may spoil your taste for cigarettes
- Go "cold turkey"; smoking one cigarette will only cause you to want more
- Tell family and friends that you've quit; ask for help, let them know what they can do to help
- Think of yourself as a non-smoker; hang up "No Smoking" signs
- Remember physical withdrawal lasts about 2 weeks; you can make it, hang on

If you are having problems dealing with the **HABIT**;\*

- Cut down gradually; smoke fewer cigarettes each day, inhale less often and less deeply
- Change your smoking routines; keep your cigarettes in a different place, smoke with the opposite hand, limit smoking to certain places
- Be aware of every cigarette you smoke; ask "Do I really want this cigarette?"

\* Content adapted from U.S. Department of Health and Human Services, NIH, NCI. Publication No. 93-1822. *Why Do You Smoke?*

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