

Quitting Smoking

**Tools and
Strategies to
Help You Stop
Using Tobacco**



Why is quitting important?

- Heart disease, lung disease and cancer are directly linked to using tobacco.
- Using tobacco affects your bones, making them weaker. This raises your risk of hip and wrist fractures.
- Using tobacco also negatively affects the health of the discs in your spine, which can lead to neck and low back pain.
- Using tobacco can interfere with your body's ability to heal.

What are your tobacco triggers?

- ☐ Peer pressure
- ☐ Social situations, like parties
- ☐ Drinking alcohol
- ☐ Depression
- ☐ Anxiety
- ☐ Stress
- ☐ Anger

Try these tips to help you avoid using tobacco when you face your triggers.



Surround yourself with friends, family and coworkers who do not use tobacco.



Tell close friends and family you want to quit and ask for their support.



Socialize in places that are tobacco free.



If you feel the need to smoke, try an activity to take your mind off your craving. Exercise, walking, listening to music and calling a friend can help.



Seek support from a professional or group that is designed to help you quit.



Use aids such as a nicotine patch, gum or medication, under the guidance of your doctor.



Write down when and why you use tobacco to recognize any triggers or patterns, so you can try to change or avoid them.



Set a goal, say quitting in six months, and develop a plan to reach it.



Reward yourself as you make progress along the way -- when you've gone a certain number of days without using tobacco, for example.

Make a Plan for Quitting:


1. Set a quit date.

(Month)


(Day)

(Year)


2. Seek help.




Call the New York State Smokers' Quitline at 866.697.8487.



Call the National Quitline at 800.784.8669.



Call your primary care doctor.



Contact a local support group.

3. Make your surroundings tobacco free. Get rid of tobacco in your home and car and avoid secondhand smoke.

4. Ask your doctor for medication or other aids to help you quit.

5. Enlist a close friend or family member to help you reach your goal.



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