



## FREEDOM from TOBACCO

*It is natural and normal to feel anxiety anytime you make a significant life change!  
When you're ready to quit, we're ready to help.*

Today, more and more people are kicking the habit. The QuitLine is here to help by offering free, confidential, comprehensive counseling and information about how to quit.

### **Practical QUIT TIPS that have worked for ex-smokers:**

- Make an appointment with your healthcare provider. Specific, prescribed medications may be appropriate to help you through the process of quitting.
- Call the **Florida Tobacco Quit-For-Life Line...1 (877) 822-6669**
- Make a written plan and set a quit date. Give yourself preparation time before beginning your quit attempt. Make a list of your reasons for quitting and put this list where you will see it. Think about reasons you smoke or chew, including routines that trigger tobacco use. Brainstorm how to change those routines and avoid cues that prompt you to light up or dip. Mark your quit date on your calendar and get mentally prepared. Have your written plan with you at all times!
- Get support. Tell your friends and family that you are going to quit smoking. If they smoke, ask them not to smoke around you or to quit with you.
- Get rid of the things that remind you of smoking...including cigarettes, lighters, and ashtrays. Remove all evidence of smoking from your life.
- Clean your car interior and launder all of your clothes to remove the smell of tobacco smoke. Get your teeth cleaned.
- Keep busy on your quit day. Stick to your written plan. At the end of the day, do something (other than smoking) to celebrate! **Note:** Alcohol weakens resolve.
- Change your typical daily routine in as many ways as possible. Take a new route to work, drink tea instead of coffee, and have a lunch some place other than at your desk. Visualize yourself as a non-smoker.
- Eat frequent small meals. This will stabilize your blood sugar levels and keep your mouth and hands busy.
- Replace cigarettes with alternatives like gum, cinnamon sticks, suckers, toothpicks, or low-calorie snacks like carrots, celery, and apple wedges.
- Get physical! Take a walk, do aerobics, or play sports. This helps to take your mind off urges and reminds you that quitting will help improve your lung capacity and overall health. Not smoking *IS* the number 1 thing that improves your health!
- Keep your hands busy. Carry a stress ball or a doodle pad. Utilize deep breathing.
- Put the money you would have spent on tobacco products in a glass jar. Watch it grow!! Use the money to reward yourself with something great!
- Spend more time with non-smokers and/or ex-smokers.

***ENJOY YOUR NEW FOUND FREEDOM!!***

Source: Centers for Disease Control and Prevention



**TAKE CHARGE!!!** Lifestyle Management, Inc. (813) 932-9019 [takecharge@mindspring.com](mailto:takecharge@mindspring.com)