



# Smoking Quit Tips

Smoking is the number one cause of preventable death in the United States today. Also, non-smokers who are around secondhand smoke have an increased risk for serious illness like bronchitis, asthma, heart disease and cancer.



Here's the good news.

The sooner you quit, the sooner your body will begin to recover. Health benefits begin within the first 20 minutes of the last cigarette smoked and continue for years. For example if you don't smoke for a full year, your chance of having a heart attack is cut in half.

## What You Can Do

Here are a few suggestions to help you kick the tobacco habit:

- **Throw it out** – Get rid of all tobacco-related objects. Do not use other forms of tobacco.
- **Don't focus on your cravings** – When you get the urge to smoke, take a deep breath. Hold it for ten seconds and release it slowly. Repeat this several times until the urge to smoke is gone.
- **Avoid triggers** – Try to stay away from places, people, activities and situations associated with smoking. If you live with a smoker, ask that person not to smoke in your presence.
- **Create a money jar** – Each day, put in the amount you would have spent on tobacco that day. Open the jar three to six months later and reward yourself.
- **Change your routine** – Avoid activities or places that may trigger a craving or remind you of smoking.
- **Visit the dentist** – Make an appointment to get your teeth cleaned. You'll enjoy the fresh, clean feeling and whiter smile.
- **Keep busy and active** – Start the day with a walk, run, swim or workout. Aerobic exercise will help you relax. Plus, it boosts energy, stamina, all-around fitness, and curbs your appetite.
- **Use substitutes** – Use sugar-free hard candies or gum, cinnamon sticks, mints, beef jerky, or sunflower seeds whenever you have the urge to smoke.
- **Be patient with yourself** – Time is on your side. The first week is the hardest. The worst is over after 2 weeks. As time passes, you'll feel better than when you used tobacco.

To contact UW CareLink Faculty and Staff Assistance Program:



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1-866-598-3978



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