

Quit Smoking Tips



By quitting smoking, you reduce the risk of lung and other cancers, heart disease, stroke and peripheral vascular disease. You will also look and feel healthier, have whiter teeth and fresher breath, along with an improved sense of taste and smell.

- **Decide to quit.** Making a decision to quit is the first step in becoming smoke-free. Decide on a quit date and write it down. Tell your family members, friends, your doctor and dentist, and enlist their support.
- **Make a list.** Write down all the reasons why you want to quit and post the list where you will see it. Perhaps one reason is to cut down your risk of heart disease, stroke, cancer, and improve your respiratory health. Or, perhaps you want to feel better when running around with your kids.
- **Clean house.** Get rid of all tobacco and tobacco-related objects, such as ashtrays, lighters or spit cups.
- **Make changes where you can.** For example, if you always had a cigarette after dinner, try taking a walk instead.
- **Learn more.** Find out about how nicotine affects your body and what to expect during nicotine withdrawal. Knowing what some of the symptoms are may help you better prepare to deal with them. Some symptoms include: bad mood, increased eating and intense tobacco cravings.
- **Look into tobacco cessation products.** While it isn't for everyone, some people have found success using over the counter nicotine gum, patches or lozenges. You can also talk to your doctor about tobacco cessation medications that may help you.
- **Stay focused.** Focus on one (smoke-free) day at a time.
- **Take care of yourself.** Exercise regularly, eat a healthy diet and get plenty of sleep each night.
- **Be patient.** Time is on your side. Nearly all smokers have some feelings of nicotine withdrawal when they try to quit. Give yourself a month to get over these feelings. Over time, you'll feel more confident fighting the urge to smoke.



Your Employee Assistance Program

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