

# How to Quit Smoking

## One Practical Method



### Why Quit?

- **Health Benefits:** Reduced risk of lung cancer, heart disease, emphysema, and more.
- **Financial Savings:** A pack-a-day habit costs between \$3,000–\$5,000 per year, depending on what state you live in.
- **Improved Quality of Life:** Better breathing, more energy, and longer life expectancy.



*Even if you've smoked for years, quitting now stops further damage and lowers your risks over time!*

### Step 1: First Change Your Mindset



Let go of the idea that failure is a sign of weakness. Instead, recognize nicotine as one of the most powerfully addictive substances known.

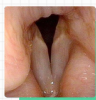


### Step 2: Prepare for Your Cold Turkey Quit Date



- Set a quit date** (2–4 weeks ahead).
- Search & destroy any cigarettes other than the one pack you are smoking.** Empty pockets, car, purses, bookbags, etc. of any stray or backup cigarettes.
- Make smoking the single pack you have available inconvenient.** Put that pack in the car, a cabinet of your garage, or even the toolshed in your yard.

for more information, go to

**[laryngopedia.com/smoking](http://laryngopedia.com/smoking)**

photos + videos + resources

- Break associations**—change habits tied to smoking (e.g., coffee, reading paper or tablet news, etc.)
- Start a new, easy unrelated discipline.** (e.g. *make your bed if you don't already, walk around the block before driving to work, climb stairs rather than taking the elevator*)— Use one or more of these things as a “proxy discipline” to signal “the new me.”
- Use the Delay strategy:** when you decide to smoke, set your watch timer at ten minutes. This delay gives you a ‘mini-quit’ practice. Then be mindful of that cigarette: *Can you draw fewer puffs? Put it out early?*



### Step 3: Quit Day

- Tell others you're quitting**—accountability helps, but tell them you may not succeed because you are deeply addicted, and ask them not to nag.
- Destroy your last pack of cigarettes.**

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- c. **Use the DELAY technique**—think forward 10 minutes when cravings hit. These are ten minutes of mindfulness, self-distraction, calling a helpline, etc. NOT ten minutes before giving in as you did during the Preparation (Step 2) above.
- d. **Find distractions**—keep hands and mind and even mouth busy (pencil, toothpick, chewing gum, etc.)
- e. **Track progress**—record smoke-free hours/days.

## Step 4: If You Fail, Try Again.



The key is persistence; few succeed on the first try.

- ▶ **Write down and talk with your support system about why you gave in** (stress, social setting, habit?).
- ▶ **Set a new quit date for not more than 10 days in the future**—don't wait months.
- ▶ **Keep reducing** the number of cigarettes in between attempts.
- ▶ **Remind yourself that others fail, too, and focus on the idea that each attempt teaches you something.**

## Step 5: If you fail many times with the “cold turkey” strategy, call in “reinforcements.”



- **Add a Quit Line to your strategy.**
- **Chantix (Varenicline) or Zyban (Bupropion)** – reduces cravings.
- **Nicotine patches or gum** – eases withdrawal.

These tools can increase your chances of success.

## Final Encouragement



*Quitting is a process. Each attempt strengthens your ability to quit for good.*

The path can include failures, but stay on the path; keep quitting until you succeed!

## Smoking Cessation Resources



**American Cancer Society** — [cancer.org/cancer/risk-prevention/tobacco/empowered-to-quit](http://cancer.org/cancer/risk-prevention/tobacco/empowered-to-quit)  
*Cancer screening, nutrition, exercise, and quitting information.*

**EX Program** — [exprogram.com](http://exprogram.com)  
*National Alliance for Tobacco Cessation site with a three step plan and great ideas for combating the habit and addiction aspects of smoking.*

**Centers for Disease Control** — [cdc.gov/tobacco](http://cdc.gov/tobacco)  
*Government resource and information guide on quitting and the effects of tobacco.*

**American Lung Association** - [lung.org/quit-smoking](http://lung.org/quit-smoking)  
*Information about tobacco use, it's impact and resources and programs to help individuals stop smoking.*

**Commonwealth of Massachusetts** — [trytostop.org](http://trytostop.org)  
*Free online QuitWizard program and information. Video clips of ads.*

**Nicotine Anonymous** — [nicotine-anonymous.org](http://nicotine-anonymous.org)  
1-877-TRY-NICA (1-877-879-6422) *Finder for local chapter meetings. Twelve step program.*

**Quitline (800) QUIT NOW — (800.784.8669)**  
*Phone counseling. This number will connect you to the Quitline in your state. Hours vary. Currently in IL, 7AM—7PM; in IN, 8AM—Midnight*

**Smoke Free** — [smokefree.gov](http://smokefree.gov)  
*Sponsored by several government agencies including National Cancer Institute, CDC, and NIH, it includes self-assessment tools for quitting, contact information for online one-on-one chat and phone counseling, and a list of ongoing research studies.*

**WebMD** — [webmd.com/smoking-cessation](http://webmd.com/smoking-cessation)  
*Series of pages that help you analyze why you smoke and offers approaches to quitting. Links to other content on diet and exercise.*