



Deciding to Quit

Quitting smoking is one of the best decisions you can make for your health. Now that you have decided to quit, set a quit date and make a quit plan. Include in your plan...

- Reasons you want to quit
- How you plan to quit
- How you plan to overcome cravings
- Short-term and long-term goals
- Ways to reward yourself

There are options to help you stay quit.

- Nicotine replacement therapies (i.e. gum, patches, lozenges)
- Group or phone counseling
- Prescription medications

Talk to your doctor to find out which option works best for you. More than one method may be needed to help you successfully quit.

Challenges

Quitting smoking does not come without challenges. Smokers who are trying to quit may have withdrawal symptoms from nicotine such as:

- Irritability
- Headaches
- Increased appetite
- Depression
- Anxiety

Symptoms usually start within a few hours and can last for several weeks after your last cigarette. They will get better everyday that you are smoke free.



Tips to Help Along the Way

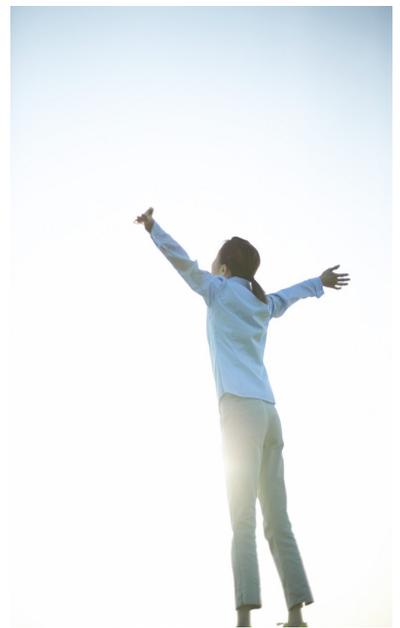
Knowing what triggers you to smoke can help you to avoid situations that may tempt you to pick up a cigarette. Try these to make quitting a little easier.

- Change your routine
- Drink plenty of water
- Exercise to manage stress and weight gain
- Avoid other smokers
- Keep hands busy
- Keep hard candy or gum around to keep your mouth busy
- Drink less or avoid alcohol

It may take several attempts to quit smoking. Do not be discouraged. Remember why you made the decision to quit and try again. In case you forgot here are a few.

- Better health
- Save money
- Socially accepted
- Health of others
- Set a good example

Take it one day at a time.



Call the Tennessee Tobacco Quitline for FREE smoking cessation help at 1-800-QUIT-NOW (1-800-784-8669).

