

Good for the Neighborhood

Supported by the INDEPENDENT HEALTH FOUNDATION



Quit Smoking

Quitting smoking is one of the best things you can do for your health, but it is also one of the most difficult habits to break. Try using these tips to make quitting smoking easier.

1.

CALL THE SMOKERS QUITLINE

The New York State Smokers' Quitline is a FREE and private program that offers help to New York State residents who want to stop smoking or using other forms of tobacco. Call 1-866-NY-QUITS (1-866-697-8487).

2.

PICK A QUIT DATE

Pick a date carefully. Make sure you won't be busy, stressed or tempted to smoke around that time. Circle the date on your calendar as a reminder.



3.

IDENTIFY YOUR TRIGGERS

Certain feelings, places and people can be connected to smoking. Try to realize these triggers and come up with ways to deal with them. Avoid places and people who are triggers until you are strong enough.

4.

FIND WAYS TO COPE

Nicotine is the chemical in cigarettes that makes you addicted to smoking. When you stop smoking, your body has to adjust to not having nicotine. Before you quit, find ways to deal with the withdrawal you will feel so you are able to quit for good!



Notes:
