



Quit Smoking Tips

If you want to quit smoking, these tips can help you succeed.

Try nicotine-replacement therapy, such as the patch, gum or nasal spray, for help in overcoming your physical addiction. Some smokers find the antidepressant drug bupropion (Zyban®), which is not a nicotine substitute, helpful in coping with the psychological aspects of addiction.

Get support and encouragement from family, friends or a stop-smoking program. According to the American Cancer Society, formal programs that include individual or group counseling offer the best support. Also, the more intense the program, the greater the likelihood of success.

Learn how to handle the urge to smoke by identifying the things that trigger you to light up. Being around other smokers, using alcohol and being stressed commonly cause ex-smokers to relapse. Learn how nonsmokers deal with similar stresses and try to model their behaviors.

Exercise to restore energy and reduce stress

and tension levels. Your confidence and self-esteem will rise as your addiction to nicotine wanes and your physical health improves.

Choose activities that you can share with your friends and family. (Talk to your doctor before beginning any exercise plan to make sure it's appropriate for you.)

A healthy diet is a must for anyone. Your family can help to make sure that the household diet is a good one.

Hobbies and other skills provide challenge and a sense of accomplishment, which can boost your self-esteem. Consider a sport, or take up a musical instrument, art, gardening or gourmet cooking.

Relax. Stress can impede your cessation efforts, so now is the time to relax. A big part of that is just having fun. Let your friends and family help you laugh and play. If you have kids, have fun with them on their terms. Follow their silliness and curiosity.

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