



## Quitting Smoking

No one ever said that quitting smoking was going to be easy. But the effort will pay off in the form of better health, more money in the bank and the opportunity to experience all that life has to offer, smoke-free. The following are some ideas to help make the difficult task of quitting tobacco a little easier.

Step one: Set a quit date. Make the date personal, such as an anniversary, birthday or favorite holiday. Then create a schedule working up to that date so you can minimize withdrawal symptoms by decreasing your tobacco use gradually. And, perhaps most important: establish a support system. Contact a HealthyGuidance tobacco cessation coach and let family and friends know how they can help.

Another important tip: Look for detours. Making changes to your daily routine will help you avoid triggers and smoke less.

- Begin a morning walking routine. Exercise helps manage stress and increases energy.
- If you smoke with your morning cup of coffee, swap the java for orange juice to avoid triggering a desire for nicotine.
- Brush your teeth as soon as you wake up and after each meal.
- Keep your cigarettes out of sight and out of mind.

When a craving does come along, it will pass if you can resist it long enough. Try one of these substitutes to help:

- Sunflower seeds
- Gum
- Mints
- Popcorn
- Licorice
- Fruit

Keep in mind that quitting smoking can sometimes feel like losing a part of your identity. Prepare yourself for a new smoke-free identity by:

- Opening the windows in the house and having the carpets steamed
- Cleaning out your car and adding an air freshener
- Throwing away ashtrays
- Freshening up your favorite space with a new paint color

Also, concentrate on the benefits of quitting, especially for those around you. When you smoke, you release hundreds of toxic chemicals, including about 70 that cause cancer, into the air. Children who breathe in secondhand smoke are at increased risk of sudden infant death syndrome (SIDS), lung infections, breathing problems, asthma and ear infections. By quitting, you can clear the air for yourself and for those around you.

### Need help?

Your HealthyGuidance Tobacco Cessation Program offers the support you need to stop smoking and improve your health and the health of your loved ones. Certified tobacco counselors provide:

- One-on-one telephone counseling
- An individualized assistance plan
- Techniques and strategies to quit smoking for good

## Here when you need us.

Call:

TDD: 800.697.0353

Online: [guidanceresources.com](http://guidanceresources.com)

App: [GuidanceResources®](#) Now

Web ID:

## Reasons to Quit

### 20 Minutes After Quitting

Your heart rate drops.

### 12 Hours After Quitting

Carbon monoxide level in your blood drops to normal.

### 14 Days to 3 Months After Quitting

Heart attack risk begins to drop. Lung function begins to improve.

### 1 to 9 Months After Quitting

Your coughing and shortness of breath decrease.

### 1 Year After Quitting

Your added risk of coronary heart disease is half that of a smoker's.

### 5 Years After Quitting

Your stroke risk is reduced to that of a nonsmoker's 5-15 years after quitting.

### 10 Years After Quitting

Your lung cancer death rate is about half that of a smoker's. Your risk of cancers of the mouth, throat, esophagus, bladder, kidney and pancreas decreases.

### 15 Years After Quitting

Your risk of coronary heart disease is back to that of a nonsmoker's.



Contact us anytime for confidential assistance.