Tips for quitting smoking

Circle one or two that sound helpful.

- ✓ Set a goal to quit completely. Try not to have even one puff after your quit date.
- ▼ Think about the times when you tried to quit smoking in the past. What worked for you? What got in the way?
- ✓ Anticipate triggers or challenges. You may like to smoke when you drink coffee or after a meal. Consider doing something different at those times.
- ✓ Limit alcohol while you are trying to quit. Many people find they smoke when they drink or vice versa.
- ✓ Limit contact with other smokers. Encourage family members and friends who smoke to quit with you!
- Consider contacting 800-QUIT-NOW (1-800-784-8669) to get phone calls or text messages for support (all free).



MY GOAL FOR THIS WEEK									

We want to partner with you to help you reach your goals!

Want additional support, such as nicotine replacements (gum or patches) or other counseling options? Talk with your primary care provider.

When you quit smoking:

In 20 minutes, your heart rate returns to normal.

In a day, your carbon monoxide returns to normal.

In 2-3 weeks, you lower your risk of having a heart attack.



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Resource adapted from Fiore et al. (2008) Clinical practice guideline: Treating tobacco use and dependence, 2008 update.





My plan to quit smoking

Tobacco use can increase your risk for many health problems, including:

- Shortness of breath
- Lung infections and disease
- Heart attacks and strokes
- Cancer
- Harm to children (second hand smoke) and pregnancy



There are many benefits to quitting smoking.

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Which of these are most important to you
\square Better overall health
\square Food tastes and smells better
☐ Save money
☐ Feel better about yourself
☐ Home, car, clothing, and breath smell better
\square Set a good example for others
\square Have healthier babies and children
\square Perform better in physical activities
□ Whiter teeth and fewer wrinkles

How does quitting smoking relate to what is really important in your life? Example: Being a good mom is important to me. I want to quit smoking to be a good role model for										
my kid	S.									
On a 6	scale from 1	-10 how	ready are	e vou to d	wit smok	ing?				
1	2	3	4	5	6	7	8	9	10	
Not at	all ready							Completely	y ready	
It can	be helpful	to set a d	uit date.	Mv auit d	ate is:					
	•			-						
	people have or feelings the							activities, ti	imes	
or day,	or reenings tr	iat trigger	the urge to	o silioke. V	viiat are y	our trigge	15:			
Quitti	ing smoking	g can be h	nard! Che	ck which	barriers b	elow may l	be tough fo	or you:		
☐ Wit	hdrawal sym	ndrawal symptoms								
	r of failure				☐ Being around other smokers					
	Weight gain ☐ Not knowing how to quit									
	k of support] Other:					
□ Dep	oression or st	ress mana	gement							
Havin	g a plan car	n make it	easier to	deal with	n urges to	smoke. T	When you	feel the urc	ge to	
	, what else c						•		,	
						IW	ILL (QUIT		
sod.	and the st		-1.5		, pilo		V		.00	
who	an help you	u quit sm	oking?					ملك ما		