

SMOKING CESSATION

Breaking up with tobacco can be one of the most challenging habits to leave behind. In most cases, telling smokers that smoking is bad for your health isn't a new concept. Most people that use nicotine know the struggle of trying to stop and many ex-smokers say quitting was one of the hardest things they ever did. Yet millions of people have been able to do it... And you can too! It takes a plan! When you are ready to quit here are a few simple steps to extinguish smoking for good!

1. **Commit to Your Quit and Set a Quit Date:** Most people can't immediately stop smoking at the drop of a hat. Giving yourself time to prepare and devise a plan that is appreciate for you so you can build confidence, learn the skills needed when cravings hit, and break the hold that tobacco has on you.
2. **Learn About Your Triggers:** A great tactic in quitting is taking a deep look into your smoking habits. Using smoking tracker apps can be helpful in identifying triggers. Triggers can be specific to places, activities, or certain people. Knowing when you are likely to partake in
- tobacco, can help you with how you will handle cravings in the future.
3. **Find Ways to Handle Nicotine Withdrawal:** Cravings can be intense! However, every craving is temporary and having healthy ways to distract you can help them fade more quickly. Visualizing and planning can help deal with tough and frustrating craving. Thinking about your reasons for quitting, trying to stay busy, and going a smokefree place are great tactics for weathering those storms.



4. Consider Nicotine Replacement Therapy (NRT): Gum, patches, lozenges, nasal spray, inhalers, are great aids in your fight against tobacco. Many are available without prescriptions and have been shown to drastically increase success rates.

If you are interested in learning more about smoking cessation, quit for life and visit the “Great American Smokeout” for an abundance for free resources.

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