

QUIT TIPS



FIND YOUR WHY

To get motivated, you need a powerful, personal reason to quit. It may be to protect your family from secondhand smoke, or lower your chance of getting lung cancer, heart disease, or other conditions. Choose a reason that is strong enough to outweigh the urge to light up.

NICOTINE THERAPY

When you stop smoking, nicotine withdrawal may give you headaches, affect your mood, or sap your energy. Nicotine replacement therapy can curb these urges. Studies show that nicotine gum, lozenges, and patches improve your chances of success when you're also in a quit-smoking program.

GIVE YOURSELF A BREAK

One reason people smoke is to relax. Once you quit, you'll need new ways to unwind. There are many options. You can exercise to blow off steam, tune into your favorite music, connect with friends, treat yourself to a massage, or make time for a hobby. Try to avoid stressful situations during the first few weeks after you stop smoking.

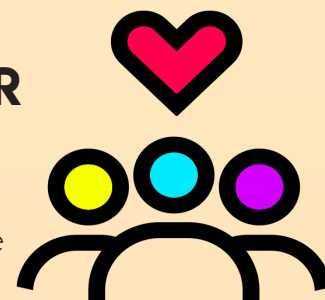


PREPARE BEFORE YOU GO COLD TURKEY

Line up support in advance. Ask your doctor about all the methods that will help, such as quit-smoking classes and apps, counseling, medication, and maybe even hypnosis. You'll be ready for the day you choose to quit.

LEAN ON YOUR LOVED ONES

Tell your friends, family, and other people you're close to that you're trying to quit. They can encourage you to keep going, especially when you're tempted to light up. You can also join a support group or talk to a counselor.



AVOID TRIGGERS

When you drink alcohol, it's harder to stick to your no-smoking goal. So try to limit alcohol when you first quit. Likewise, if you often smoke when you drink coffee, try switching to tea for a few weeks. If you usually smoke after meals, find something else to do instead, like brushing your teeth, taking a walk, texting a friend or chewing gum.

TRY AND TRY AGAIN

Many people try several times before giving up cigarettes & other nicotine sources for good. Don't get discouraged. Use it as an opportunity to step up your commitment to quitting. Once you've made the decision to try again, set a "quit date" within the next month.

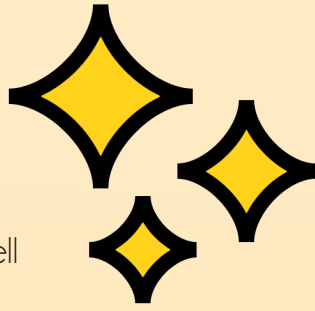


Student Affairs

Healthy Living Program

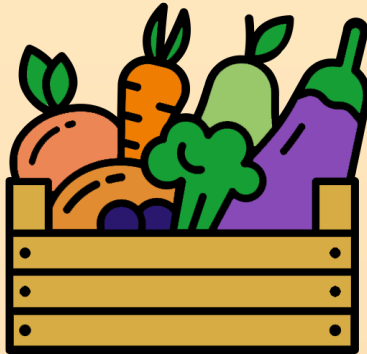
CLEAN HOUSE

Once you've smoked your last cigarette, toss all of your ashtrays and lighters. Wash any clothes that smell like smoke, and clean your carpets, draperies and upholstery. Use air fresheners to get rid of that familiar scent. If you smoked in your car, clean it out, too. It is better if you don't see or smell anything that reminds you of smoking.



FRUITS & VEGGIES

Don't try a strict diet while you give up cigarettes. Too much deprivation can easily backfire. Instead, keep things simple and try to eat more fruits, vegetables, whole grains, and lean protein. These are good for your whole body.



GET MOVING

Being active can curb nicotine cravings and ease some withdrawal symptoms. When you want to reach for a cigarette, put on your inline skates or jogging shoes instead. Even mild exercise helps, such as walking your dog or pulling weeds in the garden. The calories you burn will also ward off weight gain as you quit smoking.



CHOOSE A REWARD

In addition to all the health benefits, one of the perks of giving up cigarettes is all the money you will save. There are online calculators that figure out how much richer you will be after quitting! Reward yourself by spending part of it on something fun.

TAKE A PLEDGE!

Regardless of your position, you can help clear the smoke on tobacco & nicotine. Here are some pledge ideas, fill out your own below:

- I pledge to put forth an honest effort in quitting smoking or vaping.
- I pledge to support and be understanding of my friend & their effort in quitting smoking or vaping.
- I pledge to stay tobacco and nicotine free.

I PLEDGE TO _____

RESOURCES

- Healthy living provides **FREE** Tobacco & Vaping Cessation consultations for all FIU students. Call MMC @ 305-348-4020 or BBC @ 305-348-5307
- **Tobacco Free Florida** provides many different additional and more detailed resources for those who want to quit. Visit tobaccofreeflorida.com

