

## YOUR STEP-BY-STEP GUIDE TO QUITTING SMOKING

### Shift Your Perspective and Face Your Concerns

It's normal to have concerns and fears about quitting. Each one may be a challenge, but each one has a solution. For example:

#### If you are worried about how hard it might be to quit ...

- Remember that quitting is not just a challenge, it's an opportunity.
- Quitting is a series of small challenges that you can deal with, one by one.
- Everyone experiences quitting differently, and it may not be as hard as you think.
- All habits can be changed, and small changes can lead to big, positive transformations.
- There are many positive ways to respond to stress.
- There are people who want you to get through this.

#### If you are worried about not being able to quit ...

- Remember that quitting is a journey, and every journey is a series of small steps.
- You learned to smoke over time, and you can also learn to live smoke-free.
- You are never too old or addicted to quit.
- No one is going to judge you or criticize you if you slip, especially if you keep trying.

#### If you are worried about coping with withdrawal ...

- Remember that withdrawal symptoms are normal and won't last long – they are positive signs that your body is starting to heal.
- Cravings rarely last more than a few

minutes – and you can get past every one by Using the 4 Ds: Do something else, Delay, Deep Breathing, Drink Water.

#### If you are worried about gaining weight ...

- Remember that many smokers who quit don't gain weight, and those who do usually gain no more than a few kilograms.
- Modest exercise and small lifestyle changes will control your weight much better than smoking ever can.
- Smoking hurts you far more than a little extra weight – you would have to gain 100 pounds for the weight gain to be a greater risk to your health compared to if you continued smoking.

#### If you are worried about giving up the times you enjoyed with a cigarette ...

- Remember that smoking is something you got used to doing while taking a break and there are many other ways to take that pause in your day.
- You don't need to smoke to enjoy being with your friends.
- Cigarettes are not your "friends" – they are false friends who will betray you and hurt you.

#### If you are worried about becoming depressed ...

- Remember that it's normal to feel a bit "down" after you stop smoking.
- Mild depression usually goes away a few days after you quit.
- Staying focused on all you have to gain by quitting will help you cope.
- Your self-confidence will probably be much improved as soon as you quit for good.

***Write down the concerns and issues that are most important to you, as well as the specific things that will help you deal with them.***