

Lifestyle Assessment Tool



Quit Smoking

Make a plan to quit smoking. Quitting smoking is one of the most important things you can do for your overall health.

Benefits of quitting smoking include:

- Within 48 hours of quitting, your chances of having a heart attack start to decrease; within 1 year of quitting smoking, your risk of smoking-related heart attack is reduced by half.
- You will live longer than people who continue to smoke.
- You save money.
- Your sense of taste and smell will return.
- You will have more energy to do activities you enjoy.
- Your life insurance and house insurance premiums may decrease.
- No more yellow fingers or teeth.
- You'll feel proud of yourself for overcoming such a challenge.

If you're having trouble quitting, here are some tips:

- Set a quit date and mark it down on your calendar
- Remove things that tempt you to smoke cigarettes. Get rid of all cigarettes, lighters, and ashtrays in your house and car.
- Find support. Talk to your family, friends, and co-workers. Talk to your doctor or pharmacist; they can also refer you to support services available in your community
- Determine what your smoking triggers are and then avoid them. For example, stay away from places or situations that tempt you to smoke. If drinking coffee reminds you of smoking, try drinking juice or tea instead. If you tend to smoke in a certain chair or room, switch to another chair or room.
- Learn to cope with your cravings. When you feel the urge to smoke, delay getting a cigarette for 10 minutes – the urge to smoke may pass in just a few minutes. Or try breathing in deeply and slowly.
- Distract yourself when you feel the urge to smoke: take a walk, drink a glass of water, or think of the health benefits of quitting.
- Reward yourself – keep yourself motivated by making a list of things to reward yourself for each day or week that you stay smoke-free.

There are many techniques that have been used to help people quit: quitting “cold turkey”, group programs, individual counseling, and medications. Speaking with a health care professional can help you determine which approach is best for you.