

## Quitting Tips for the First Week

If you have tried to quit, you know how hard it can be. Nicotine is a powerful addiction. People who are trying to quit smoking go through both physical and psychological withdrawal. Here are some tips for quitting.

### Cravings:

- **Drink a lot of liquids, especially water.** Try herbal teas or fruit juices. Limit coffee, soft drinks, or alcohol – they can increase your urge to smoke.
- **Avoid sugar and fatty food.** Try snacking on low-calorie foods, such as carrots and other vegetables, sugarless gum, air-popped popcorn and low-fat cottage cheese. Don't skip meals.
- **Exercise regularly and moderately.** Regular exercise helps you cope and will provide a healthy activity and a new routine.
- **Get more sleep.** Try to go to sleep earlier, and get more rest.
- **Do the 4 D's.** Distract yourself. When cravings hit, do something else immediately, such as talking to someone. Take deep breaths. Drink something, preferably water.
- **Change your habits.** Use a different route to work, eat breakfast in a different place or get up from the table right away after eating.
- **Do something to reduce your stress.** Take a hot bath/shower, read a book, do a puzzle or walk/exercise.

### Psychological Needs:

- Remind yourself every day why you are quitting.
- Avoid places and situations you associate with smoking.
- Develop a plan for relieving stress.
- Listen to relaxing music.
- Watch a funny movie.
- Take your mind off a problem, and come back to it later.
- Rely on your friends, family and support group for help.
- Avoid alcohol. It increases the chance for relapse.
- Remember that cravings last only 2-5 minutes and will go away without smoking!

