

Tips for quitting smoking

Circle one or two that sound helpful.

- ✓ **Set a goal to quit completely.**
Try not to have even one puff after your quit date.
- ✓ **Think about the times when you tried to quit smoking in the past.**
What worked for you? What got in the way?
- ✓ **Anticipate triggers or challenges.**
You may like to smoke when you drink coffee or after a meal. Consider doing something different at those times.
- ✓ **Limit alcohol while you are trying to quit.** Many people find they smoke when they drink or vice versa.
- ✓ **Limit contact with other smokers.**
Encourage family members and friends who smoke to quit with you!
- ✓ **Consider contacting 800-QUIT-NOW** (1-800-784-8669) to get phone calls or text messages for support (all free).



MY GOAL FOR THIS WEEK

We want to partner with you to help you reach your goals!

Want additional support, such as nicotine replacements (gum or patches) or other counseling options? Talk with your primary care provider.

When you quit smoking:

In 20 minutes, your heart rate returns to normal.

In a day, your carbon monoxide returns to normal.

In 2-3 weeks, you lower your risk of having a heart attack.



Quitting Smoking



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MATTERS

Promoting Healthy Behaviors

