## 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								
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# 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.



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Resource adapted from Fiore et al. (2008) Clinical practice guideline: Treating tobacco use and dependence, 2008 update.





### My plan to quit smoking

Tobacco use can increase your risk for many health problems, including:

- Shortness of breath
- Lung infections and disease
- Heart attacks and strokes
- Cancer
- Harm to children (second hand smoke) and pregnancy



#### There are many benefits to quitting smoking.

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Which of these are most important to you
☐ Better overall health
$\square$ Food tastes and smells better
☐ Save money
$\square$ Feel better about yourself
☐ Home, car, clothing, and breath smell better
$\square$ Set a good example for others
$\square$ Have healthier babies and children
$\square$ Perform better in physical activities
☐ Whiter teeth and fewer wrinkles

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