

Quit Tips

- Nibble on low-calorie items, like carrot sticks, celery, and apples; suck on cinnamon or chew gum.
- Stretch out your meals. Eat slowly and pause between bites.
- After dinner, instead of a cigarette, try a mint or a cup of tea with honey.
- Take deep breaths and exhale slowly. Remember, the desire to smoke will pass.

Basic Strategies

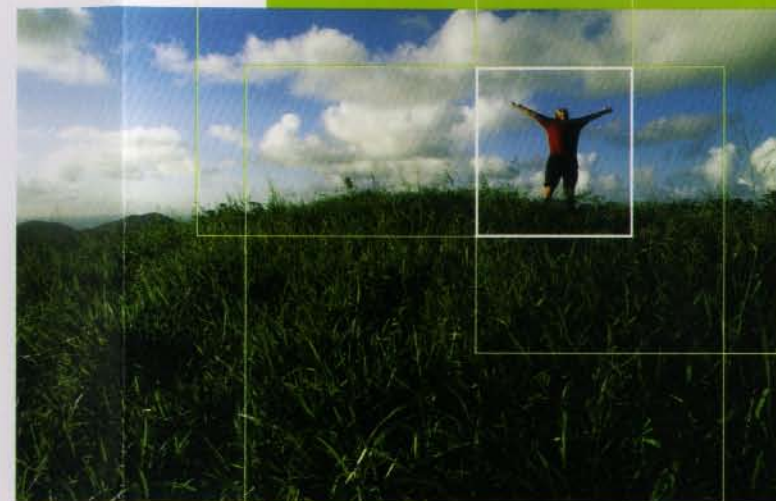
- Stay positive. When you wake up, promise yourself that you won't smoke a cigarette that day.
- Picture success. Plan ahead and think of how you'll deal with stressful situations without lighting up.
- Take a breather. Relaxation exercises help relieve urges to smoke. Remember, these urges to smoke are temporary.
- Work out. Exercise, like swimming, running, and racket sports, helps relieve tension and reduces your urge to smoke.

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.

No matter who you are, we can help. Contact us anytime, day or night, for information and support.

1.800.ACS.2345
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When Smokers Quit

