

Tips that Count

Wellness information for your journey to a healthier you!

Pinpoint the Reasons You Smoke

If you smoke and wish you didn't, identifying the reasons why you smoke could be an important first step toward quitting.

- **If nicotine gives you an energy lift**, look for other ways to boost your get-up-and-go. Get plenty of rest and sleep, find ways to get more exercise, socialize with (smoke-free) friends, eat well, and avoid boredom.
- **If smoking relaxes you**, find other ways to relax, like listening to soothing music, reading, or pursuing a hobby. Increasing your activity level, reducing stress, and getting more rest can also help you to stay off cigarettes.
- **If you smoke to control your weight**, talk to your provider or a dietitian about how to avoid gaining weight after you quit.
- **If you simply enjoy smoking**, try focusing on the many upsides of quitting—the thousands of dollars you'll save, the extra years you'll be adding to your life, the thrill of watching your children and grandkids grow up, the tastes of foods you've never really noticed before, and how great you'll look and feel.
- **If you smoke because you're addicted**, tell your family and friends that you are quitting and ask for their support. If you have withdrawal symptoms, talk to your health care provider about nicotine patches and gum, or other stop-smoking meds. Acupuncture or hypnosis can help. Physical withdrawal symptoms usually last two or three weeks; avoid your triggers and temptations, and hang in there.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.