Five Ways to Get Ready to Quit Smoking

Quitting smoking can be hard, so a good plan can help you get past symptoms of withdrawal. Five steps can help.

1. **Set a quit date.** Choose the Great American Smokeout or another quit day within the next 2 weeks.

2. **Tell your family and friends about your quit plan.** Share your quit date with the important people in your life and ask for support. A daily phone call, e-mail, or text message can help you stay on course and provide moral support. Try SmokefreeTEXT for 24/7 help on your mobile phone.

3. **Be prepared for challenges.** The urge to smoke is short—usually only 3 to 5 minutes. Surprised? Those moments can feel intense. Even one puff can feed a craving and make it stronger. Before your quit day, write down healthy ways to cope.
   - Drink water.
   - Take a walk or ride your bike.
   - Listen to a favorite song or play a game.
   - Call or text a friend.

4. **Remove cigarettes and other tobacco from your home, car, and workplace.** Throw away your cigarettes, matches, lighters, and ashtrays. Clean and freshen your car, home, and workplace. Old cigarette odors can cause cravings.

5. **Talk to your pharmacist, doctor, or quitline coach about quit options.** Nicotine patches, gum, or other approved quit medication can help with cravings.

**WVU Family Medicine offers a FREE smoking cessation program.** It is a 6 week course that meets on Mondays at the UTC. Please call 304 598-6900 to enroll now.