

Quitting Tobacco



Quitting tobacco is not easy, but it is possible, and it's one of the best decisions you can make for your overall health. Friends, family and loved ones may want you to quit, but the decision and commitment must come from you. By identifying the reasons you smoke, taking the time to create a quit plan, and planning for obstacles, you can set yourself up for a successful quit attempt.

Before You Quit

Write it down – List your reasons for wanting to quit so you can reflect on them later.

Talk with your doctor – Your doctor can offer advice and help you decide if medication, group therapy or other treatments are right for you.

Set a quit date – Choose a date and commit to it. Don't give yourself time to change your mind by picking a date too far in the future.

Tell everyone – Let your family and friends know about your decision to quit using tobacco and ask for their support.

Identify your triggers – Determine which activities or feelings trigger you to use tobacco, such as being under stress, drinking coffee, driving, or watching TV.

Create a quit plan – Include strategies for dealing with triggers, cravings and slips, managing stress, and controlling weight gain. Having a plan to follow will help you cope with quitting and reduce your urge for tobacco.

Make a Fresh Start

The day before your quit date, do the following:

- Throw away all ashtrays, lighters and tobacco products in your home, car and at work.
- Wash everything that smells of smoke, especially your clothing and bed sheets.
- Have your teeth cleaned. You may need to schedule the appointment in advance.

After You Quit

Avoid tobacco – If you have family members who use tobacco, ask them to not use it around you.

Carry a list of motivators – Keep your list of reasons for wanting to quit with you. Refer to the list when you are tempted to use tobacco.

Resist cravings – Distract yourself by taking a quick walk, drinking a glass of water, calling a friend, or focusing on some other activity.

Reward yourself – Recognize your hard work by celebrating milestones. Take the money you saved by not using tobacco to buy yourself something special, or put the money in a savings account and watch it grow!

Quitting can be challenging, but with the right tools and support, you can quit for good. Take a step in the right direction for your health. Visit www.tricare-west.com/go/tobacco for more information.



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