

SMOKING CESSATION



PICK A "QUIT DAY"

- You should pick a date 2 to 4 weeks in the future.
- It's best to use an important date in your life coming up soon (such as an anniversary, birthday etc.) as your quit day, if possible. This has more impact with your unconscious mind.
- You need to give your unconscious mind a chance to get used to the idea that after a certain date you are not going to smoke anymore. Picking a quit day in advance lets your unconscious mind prepare for you to quit smoking.

OTHER POINTS ON SMOKING CESSATION

- Try to get your spouse to quit smoking at the same time you do. It's harder to quit when someone else in the house is still smoking.
- Some people find it useful to substitute something for cigarettes to help break the "hand to mouth" habit. Many use chewing gum for this purpose, but things like carrots sticks, pretzels etc. can work well also.
- Getting involved in a smoking cessation support group can help with the psychological aspects of smoking cessation.