

YOU CAN QUIT SMOKING

Want to Quit?

- Nicotine is a powerful addiction. Quitting is hard, but don't give up. You can do it!
- Many people try 2-3 times, or more, before they quit for good.
- Each time you try to quit, the more likely you will be to succeed.

Reasons for Quitting:

- You will live longer and live healthier, and the people you live with, especially your children, will be healthier.
- You will have more energy and breathe easier, and will lower your risk of heart attack, stroke, and cancer.
- At a pack a day, you can save over \$1,800 a year.

Tips to Help You Quit:

- Get rid of ALL cigarettes and ashtrays in your home, car, or workplace.
- Ask your family, friends, and coworkers for support.
- Stay away from places where others smoke.
- Breathe in deeply when you feel the urge to smoke.
- Keep yourself busy, and reward yourself often.

Resources to Help You Quit:

- Many resources are available to help you quit. These include telephone coaching, text messaging for support, connections to local resources, and more detailed Quit Smoking plans. These can be found at:
 - o 1-800-QUIT.NOW – Indiana Quit Smoking program
 - o www.smokefree.gov – national website
- Talk to the staff at Southwestern for more information on quitting and resources to help.