

SMOKING CESSATION

Want to quit smoking but don't know where to start? Or have tried before and struggled? Try these tips:

1) Create a quit plan, and remember, there is no single quit plan that will work for everyone. Be honest about your needs. Stay focused, confident and motivated to quit.

2) Get support. You don't need to go through this alone. Tell your family and friends about your quit day and join DePaul's Collegiate Recovery Community or schedule a meeting with the substance misuse prevention specialist for guidance and support. Email hpw@depaul.edu for more information.

3) Try new activities. Staying busy will help keep your mind off smoking and distract you from your cravings. Try some of these activities:

- Exercise
- Spend time with non-smoking friends and family
- Drinks lots of water
- Meditate
- Watch movies
- Chew gum or hard candy.

4) Avoid your smoking triggers. Triggers are people, places and situations that set off your urge to smoke. Here are some tips to avoid your smoking triggers:

- Throw away all your cigarettes, lighters and ashtrays.
- Get plenty of rest
- Avoid caffeine--drink water instead
- Eat healthy meals
- Spend time with non-smokers
- Change your routine if you encounter any smoking triggers

