

Living Tobacco-Free:



10 TOOLS TO HELP YOU SUCCEED

Many tools are available to help you deal with withdrawal symptoms and overcome your addiction to nicotine. These tools can help you:

- Change your habits
- Manage social pressures to smoke
- Replace your tobacco use with healthier behaviors

You have probably heard about some of these tools. Others may be new to you. If you want to try one of these, talk with your health care practitioner. He or she can answer your questions and tell you how to use each tool to benefit you the most. Here's a brief description of each tool:

1. Nicotine Replacement Therapy (NRT)

These over-the-counter products help you quit by slowly reducing the level of nicotine in your body. This slow reduction helps manage cravings. You can purchase NRT as a patch, lozenge, or as a chewing gum.

2. Prescription medicines

Your medical doctor can prescribe medicines to help you quit. Prescription medicines include nicotine nose spray and inhalers that help curb withdrawal symptoms. Other prescription medicines affect chemicals in the brain that can help reduce cravings and withdrawal symptoms.

3. Acupuncture

This method uses fine needles placed in key points on your body to help reduce your cravings for nicotine.

4. Tapering

This method lets you slowly reduce your tobacco use before you fully quit.

5. Getting support

The support of family or friends can be a huge help when you quit. Websites and online classes can also provide you with added support. For help with quitting call 1-800-QUIT-NOW (1-800-784-8669).

6. Making a plan

A plan is your blueprint for success. It can help you stay motivated by keeping you focused on your goal. It can boost your confidence and determination to quit. It can also help you prepare for dealing with the challenges of quitting.

7. Using motivational strategies

To be successful, it is important to stay motivated. Find out what motivates you and then focus on it. Remind yourself of your reasons for quitting each day.

8. Stress management

Stress is one of the most common triggers for tobacco use. And, quitting tobacco can be stressful itself. To succeed in quitting, it is important to learn to manage stress.

9. Mental imagery

Use your mind to create positive images that help you relax, cope with cravings, and make healthier choices.

10. Relaxation skills

Relaxation skills are tools that help you relax. These skills include meditation, abdominal breathing, muscular relaxation, and other techniques. Research shows that relaxation skills help relieve stress and stress symptoms such as pain and headaches. These skills can also help you control tobacco cravings and cope with withdrawal symptoms.

Ask your health care practitioner if there are any tests, referrals, or treatments that might be helpful to use along with your current treatment plan.

