Quit Smoking
Don’t Give Up

Did you know that six out of ten smokers require multiple attempts at quitting before successfully breaking their habit?

Half of all smokers say they don’t get enjoyment from smoking, yet they continue to smoke. The addiction to nicotine is that powerful. In order to quit, smokers need to consciously fight the addiction with the deliberate intention to quit.

It’s a battle that many people win. The more a person works at quitting, the greater their chance of being successful. Most smokers make several attempts to quit before they stop for good.

Quitting starts with making a plan. You might want to stop “cold turkey.” People who quit smoking abruptly are actually more successful than those who decide to gradually slow down and then stop. With a specific quit date, smokers can keep smoking until they establish their clear break.

Contact Carebridge at: 1.800.437.0911 or visit www.myliferesource.com for more information!
If quitting suddenly is intimidating, your plan may involve tapering off slowly. About 30-40% of smokers try to stop gradually, even though those who do are only about half as likely to succeed in the long run. If the gradual method seems right for you, try switching brands, buying only one pack at a time, or smoking in only one place. Changing your choice of drink, morning routine, or driving route to work can also help prevent triggers from setting off the urge to smoke. Set a quit date, write your quit date on your calendar, and then stick to your plan.

As you work your plan, drink lots of water, have low-calorie snacks readily available to munch on, remove lighters and matches, and keep your hands busy with a worry stone, a paper clip, a lucky charm, or a new hobby. If the urge to smoke is about to overcome your resistance, wait seven minutes for the urge to pass.

If you are considering a new approach this time, you may be surprised to learn just how many effective options are available to you.

**Nicotine Replacement Therapy (NRT)**

Non-prescription gum, lozenges, nasal sprays, skin patches, or inhalers provide low doses of nicotine that help relieve cravings and ease withdrawal symptoms. Even though these products contain nicotine, using NRT instead of smoking weakens the brain’s association between certain habits related to smoking, reduces urges and makes it easier to be completely nicotine-free at a future date.

**Smoking Cessation Programs**

In-person, telephonic and on-line programs help people quit. These programs provide the education, structure, and ongoing support that many people need. Quit lines and nicotine cessation coaches can help you build confidence in your abilities, teach new skills, and remind you that the process will get easier with time and effort.

**Prescription Medications**

Several prescription medications are available to reduce cravings and decrease the effects of nicotine if the quitter does smoke. Talk to your healthcare provider to learn more.

**Hypnosis**

Trained smoking cessation hypnotherapists can help smokers create an altered state of awareness during which they are more receptive to suggestions that help them give up smoking. During hypnosis, you are not unconscious or made to do anything against your will.

**Acupuncture**

Specially trained acupuncturists use deliberately-placed needles to activate physiological reactions that can reduce nicotine cravings and lessen withdrawal symptoms.

No matter which method you choose, it is important to make a plan. Have a support system in place. Tell your friends, family, and co-workers you are quitting. If some of them smoke, ask them to refrain from smoking around you. Change your routines and be prepared for some difficult times and situations. Know the situations that tend to trigger your cravings which might include: When you’re talking on the phone, when you’re drinking coffee, or while you’re out at night. Stressful times often trigger cravings as well. Avoid high-risk situations and change your routines to reduce the most powerful cravings.

Reducing the amount you smoke provides only a very small benefit, but studies show that when people cut down they are more likely to stop completely within the year. So even working on a plan that seems to fail in the short term holds the potential for future success.

Carebridge can help you make a plan and identify smoking cessation services that are available to you. For more information contact Carebridge at 1-800-437-0911.