

Self help tips to get away with smoking:

1. Believe in yourself. Believe that you can quit. Review your tobacco use. Talk to your family and friends about quitting.



2. Accept that it's a serious problem and it seriously damages your body.

3. Write down why you want to quit- Live longer, Feel better, Smell better for your family, save money etc.

4. Set a quitting date. Decide what day you will give away your habit for ever. Be strong and motivated. Do not postpone the date. Visualize your way to be a non smoker.



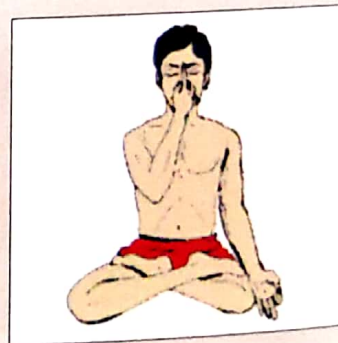
5. Find another smoker who is trying to quit and help each other with positive words. Keep reminding yourself why you should quit.

First few steps of quitting:

1. Reduce quantity- Buy less cigarettes initially.
2. Decrease the number of puffs when smoking, and number of chews if you are a tobacco chewer.
3. Do not inhale deeply while smoking.
4. Change your brand of Cigarette.
5. Avoid passing by the shop where you usually buy cigarettes/Beedies.

To deal with triggers:

1. Take alternatives (chewing gums/ chocolates) while you get strong urge to tobacco. [If you are a diabetic you will get sugar free chewing gums.]
2. Increase your water intake. Around 8-10 glasses of water each day. Take small sips of water when urge to smoke is very high
3. Do deep breathing exercises everyday for 3-5 minutes to Relax and calm your mind. Breathe in through your nose very Slowly, hold the breath for few seconds and exhale very slowly through your mouth. Repeat this



several times a day. This will be taught to you at JIVAS.

4. Remove ash trays, lighters, matches, from your workplace, cars and house.
5. Hold the urge for 5 mins, 10 mins, 15 mins.... And so on. Think of positive thoughts and pleasant situations.
6. Call a friend / someone who wants to quit or call your doctor.
7. Stay busy, do not sit idle. Indulge into activities of your interest like physical exercises- swim, jog, and play, walk briskly, listening to music , reading books etc.



8. Go to places where you are not allowed to light up: Library, restaurant, Theatre, store... Stay until your urge passes.

Once you quit:

1. Learn to say no to tobacco offers from others
2. Do not take even one puff.
3. Try other ways to deal with stress: viz.. Relaxation, Deep



breathing, music, Exercises,

Take a walk, Talking to your loved ones etc

4. Reward yourself and your friends who have quit successively.
5. Make no smoking signs for your car, home or office.
6. You might have withdrawal symptoms after quitting like Headache, Irritability, and lack of concentration. These are temporary and will disappear in few days. There are alternative therapy to manage these symptoms. The options will be discussed with you.
7. Remind yourself why you should quit.

Do not forget:

Cigarette smoking is associated with over

- 8, 00,000 deaths in India every year
- 45 lakh cardio vascular diseases
- 1.6 lakh new oral cancers
- 39 lakh chronic obstructive pulmonary diseases every year in India.

KNOW THAT YOU CAN QUIT. YOU CAN.

Quitting can bring lot of good effects in your body:

- **20 Minutes:** Heart rate beings to normalize.
- **12 hours:** Carbon monoxide levels drop to normal.
- **2 weeks to 3 months:** Circulation can improve, lungs can work better.
- **1 to 9 months:** Shortness of breath and coughing can decrease; lungs can increase ability o handle mucus and reduce risk of infection.
- **1 year:** Risk of heart disease falls to half that for some one who continues Smoking.
- **5 years:** Risk of stroke is sharply decreased.
- **10 years:** Risk of lung cancer falls to half that for some one who continues to Smoke.
- **15 years:** Risk of heart disease becomes the same as for some one who has never smoked.

Do not get disheartened if you fail in your attempts. TRY AGAIN. Seek medical advice.

GOOD LUCK IN YOUR EFFORTS TO QUIT TOBACCO. IT'S WORTH IT.