

Easy Step by Step Plan to Quit Smoking



It is a well known fact that smoking cause lung cancer as well as other lung conditions, breathing problems, heart attacks and stroke. Secondhand smoke can cause asthma and breathing problems.

1 Make the decision

Ask yourself, what are the reasons for quitting? Quitting can be a challenging task, but if you have a goal in mind, it can be much easier. Once you have a goal, coming up with a strategy is much easier.

If you have tried to quit smoking before and failed, don't let that be an obstacle. The more times you try to quit, the greater your chance of success.

2 Understand your high-risk times

You usually smoke when:

Smoking is not just a physical addiction. When you are trying to quit smoking, not only does it affect your body, but also your mental health is affected. Some people smoke to get a break from their hectic day, or to forget about their problems. It's a chance to escape, relax, or reward yourself. Sometimes smoking craving is triggered after an action.



Drinking coffee

The work place is perhaps the best place to have a coffee because you cannot smoke there.



Finishing a meal

Some smokers say that smoking feels better after a meal. To avoid this, try to go for a walk, brush your teeth, or just try to do something else.



Driving your car/motorbike

When you are on autopilot, you are more prone to smoking. Keep your mind occupied by trying out a different route to work.



Stressful situations

If you smoke to get rid of anxiety, try to get some physical activities instead of smoking. Let's go swimming, do yoga, walking with your dog...

3 Stock up on supplies

For many people, when they quit smoking, their mouth still crave the sensation of it. As part of your smoking cessation plan, stock up on oral substitutes like gum, raw vegetables, carrot sticks, hard candy, coffee stirrers, straws, etc. If you're planning to use nicotine replacement or smoking cessation drugs talk to your doctor at this point. Learn how to use them. Find out about potential side effects and what to look out for.

4

Pick a quit date

Picking your own quit day is like making a commitment with yourself. It can start within the next week or the next month. It doesn't have to be a special day.

Write down your quit date somewhere, and look at it every day.

5 Let people know

It is easier to quit when you have support from other people. Tell the people close to you that you are quitting, tell them your plan and why you want to quit. Doing so will strengthen your will power and make you more committed to your plan. Also, tell them how they can help you if you need it.

6 Remove all smoking reminders

When you decided that you want to quit smoking, remove all objects that relates to smoking such as cigarette, matches, lighters, ashtrays.

Freshen your environment at home, work, and in your car. The smell of cigarettes is definitely a trigger, especially in the beginning

7 The first 2 weeks

Get out of the house for some fun in the sun, go to the gym, see a movie. Just enjoy your favorite activities to distract yourself from smoking.

Keep your hands and mouth busy. If you just sit there with your cravings, you are giving them room to grow.

Stay busy

Drink lots of water.

Ask for help. Anyone who have tried to quit or trying to quit can understand how hard it is.

Find time to relax and breathe deeply.

Stay away from smokers.

Let them know that you are quitting. Learn to say no to invitation.

If you find yourself in situation where you are triggered, plan to get up and leave quickly.

A change of scenery can make all the difference.

Avoid high risk situations

If you feel a craving coming up. Distract yourself until it passes. When you think about using, talk to yourself and keep yourself busy.

Talk to yourself

"I refuse to believe that smoking is more powerful than me."

"I won't give smoking any more power over my life."

"I chose to be a non-smoker."

8 Maintenance and coping strategies

Quit smoking is a long journey that you should take one step at a time. Instead of choosing to quit forever, celebrate each day that you don't smoke.

Celebrate your victories

Don't focus on your struggles and ignore your successes. You probably tend to disqualify the positives and focus on the negatives. But don't underestimate how far you have come. Reinforce your victories.

Take the money you've saved and buy yourself a treat once a week. Or save the money for something bigger like a trip.



Self-care



Treat yourself. This is probably the most coping strategy that many people overlook. You might be too absorbed in trying to quit that you forget to give yourself a reward for doing a good job.

You might think that you are not allowed to have any reward while you're quitting. You'll think that you do not deserve it yet. You will think that you only deserve a reward once you have a long stretch of not smoking. But that's old thinking. This is your opportunity to learn better coping strategies.

Don't try to diet while quitting smoking. You've already deprived your body of cigarette, the additional diet can be too much for your body to handle.

Stress management

Get plenty of rest and eat healthy. Lack of sleep and excessive sugar are known triggers.

Use substitutes for oral cravings like gum, raw vegetables, carrot sticks, hard candy, coffee stirrers, straws

Relax by taking a few slow, deep breaths. Inhale through your nose and exhale through your mouth. Repeat it 5 times and see how you feel.



Maintenance

When you have cravings, think of how strong you have been so far.

Remember your reasons for quitting.

Refuse to let your addiction win.

Think of the benefits to your health, finances, and family.

Remind yourself that there is no such thing as just one cigarette.

Start to see yourself as a non-smoker. That is the ultimate payoff. You are freeing yourself from the control of your addiction.

Nicotine is out of your body 72 hours after you quit smoking. It takes at least 3 months for your brain chemistry to return to normal after you quit smoking.

