



Quitting Smoking (Smoking Cessation)



Overview

Quitting smoking can be hard and frustrating. But there are many ways to stop, and with trial and error you can find a method that works for you. No matter which method you choose, here are some strategies that can help you along the way.

Plan

Prepare your mind. Think about why you want to quit. If you've tried to quit and failed, think about why you failed. Write down your plan for quitting. Write down how you will cope with situations that make you want to smoke. Tell your friends and family that you are quitting. Ask them to help you avoid things that trigger your urge to smoke.

Redirect

Because smoking is a part of your everyday life, you need to remove things that remind you of smoking. So get rid of lighters and ashtrays. Learn new habits to fill the spaces in your day when you used to smoke. Go for a walk after a meal. Take up a hobby that keeps your hands busy. And stay away from other smokers.

Products

There are products like nicotine patches, gum and lozenges that help many people quit smoking. Try these. There are also prescription medicines that control your nicotine cravings and lessen the effects of withdrawal. Ask your doctor if they're right for you.

Conclusion

With patience and effort, anyone can quit smoking. Even if you relapse, try again. Try a new approach. Don't get frustrated. Talk to your doctor for more tips.