

Quit Smoking Tips



If you've made it your New Year's resolution to quit--your doctor of chiropractic can help. Here are a few tips to get you started:

- 1) Set a quit date.
- 2) Refer to yourself as a non-smoker in the present tense. Say "I am a non-smoker." Similar affirmations that fit your individual situation may also be helpful.
- 3) Get rid of all cigarettes and smoking accessories (such as ashtrays) in your home, car and other places where you might be tempted to smoke.
- 4) Do not let people smoke in your home.
- 5) Get support and encouragement from family, friends, co-workers and former smokers. Consider joining a former smokers support group.
- 6) When tempted, perform tasks that could help distract you such as exercising or taking a bath.
- 7) Drink lots of fluids, preferably those without caffeine.