

Quit Tips for First Week of Quitting Tobacco

Nicotine is a powerful addiction. If you have tried to quit, you know how hard it can be. People who are trying to quit smoking or chewing go through both physical and psychological withdrawal.

But millions have succeeded. You can, too!

See your doctor for medication

- There are several FDA-approved medications to help you quit – including Zyban[®], Chantix[®] and nicotine replacement therapies such as the patch, gum, lozenge, inhaler and nasal spray. Ask your doctor which prescription or non-prescription medications are right for you. These medications, combined with the proper coaching, can significantly improve your chances of quitting for good.

Get free medications and coaching

- For confidential one-on-one counseling on how to quit and a free two-week supply of nicotine gum, patch or lozenge, call the Wisconsin Tobacco Quit Line at 800-QUIT-NOW (800-784-8669).

Replace tobacco with healthier options

- **Keep your hands and mouth busy.** Try low-calorie foods for snacking – carrots, lollipops, cinnamon sticks, sugarless gum or pretzel sticks. Don't skip meals.
- **Drink a lot of liquids, especially water.** Try herbal teas or fruit juices. Limit coffee, soft drinks and alcohol – they can increase your urge to smoke.



Change your habits

- Exercise regularly and moderately. Regular exercise helps. Try walking or jogging in the morning instead of having a cigarette or dip. Joining an exercise group provides a healthy activity and a new routine.
- Get more sleep. Go to sleep earlier. Take naps. Read a book before bed instead of lighting up or chewing.
- Take deep breaths. When cravings hit, do something to distract yourself, such as talking to someone or getting busy with a task.
- Avoid places you connect with smoking/chewing.
- If you often drink while you smoke, consider giving up alcohol until you are a confident nonsmoker.
- Remind yourself every day why you are quitting.

Reduce your stress

- Take a hot bath or shower, get a massage or exercise.
- Listen to relaxing music.
- Watch a funny movie.

Put yourself in a position to resist cravings

- Hang out with people who don't smoke/chew.
- Reach out to friends, family or a support group for encouragement.
- Toss all cigarettes, ash trays and chew products.

This information is used with permission from the University of Wisconsin Center for Tobacco Research & Intervention.

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