

**FU**  **CANCER™**

**LUNG CANCER  
AWARENESS MONTH**  
HOW TO QUIT SMOKING GUIDE

# Lung Cancer Awareness Month

## **SOMEBODY HAS TO SAY IT**

### **IT'S TIME TO QUIT SMOKING**

#### STEP 1

**PICK A QUIT DATE!  
MAKE A CALENDAR!  
MAKE IT BOLD!**



Choose a date within the next two weeks to quit smoking. Avoid days that are too stressful, too busy, or that will be tempting to smoke. Highlight your quit day on your calendar. Make it known to everyone: friends, colleagues, and family members. Make your support system part of your accountability.

#### STEP 2

**CREATE  
MILESTONES AND  
REWARD YOURSELF!**



Milestones include being 24hours smokefree, one week smokefree, and one month smokefree. Be proud of each stage. Put aside cash that would have been spent on cigarettes to be used on yourself as a reward. Treat yourself to a movie, nice dinner, a massage, or clothing.

#### STEP 3

**MAKE THE  
BREAK-UP LAST!**



Purge away. Invite a friend over to throw out all of your cigarettes, matches, ashtrays and lighters. Do not save anything! Unfilth your life. Treat your car to a detail, get a deep cleaning. Wash or dryclean all of your clothes, throw out your smoking jacket.

#### STEP 5

**DON'T BE AFRAID  
TO ASK FOR HELP!**



Please use the resources & links gathered below to help you on your quit journey.

**LIVESTRONG** MyQuit Coach

**SmokefreeTXT**

A mobile text messaging service

**Quitlines**

talk to a quit smoking counselor now  
1-800-QUIT-NOW (1-800-784-8669)

**quitSTART App**

**Five Day Plan**  
the oldest & most effective smoking  
cessation program

#### STEP 4

**REMEMBER WHY  
YOU'RE DOING THIS!**



Don't be controlled by a chemical. Nicotine is the chemical that creates addiction. When you quit, your body has to adjust to no longer having nicotine in its system. Withdrawal sucks, but you can get through it. Developing strategies to cope with withdrawal can help ensure you stay smoke free!

**What makes you want to smoke:**

- smoke break at work
- getting a drink with friends
- when stressed

**Ways to occupy your mouth & hands instead:**

- take a walk instead
- get drinks with friends who don't smoke
- change your routine
- take three deep breaths

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**FIND RESOURCES BELOW TO HELP YOU ON YOUR QUIT JOURNEY**

- **LIVESTRONG MyQuit Coach:** Dare to Quit Smoking
- **SmokefreeTXT:** A mobile text messaging service designed for adults and young adults across the United States who are trying to quit smoking.
- **Quitlines:** If you want to talk to a quit smoking counselor right away, call 1-800-QUIT-NOW (1-800-784-8669).
- **quitSTART:** App that gives you tailored tips, inspiration, and challenges to help you become smokefree and live a healthier life.
- **Five Day Plan:** One of the oldest & most effective smoking cessation programs to date.