



Your EAP Newsletter brought to you by



## ***What is the best way to quit smoking?***

Smoking is harmful to your health, since tobacco has been linked to a number of serious health problems. In addition, smoking is a costly and sometimes inconvenient habit. However, the choice to stop smoking can be very difficult for a smoker who may be emotionally and physically addicted to cigarettes. Breaking the habit takes a great deal of willpower, strength and patience. There are steps you can take to ease the transition to becoming a non-smoker:

1. Make the decision to stop. You must make a firm choice to quit smoking. By making this decision, you admit that you really want to change your behavior and are committed to doing what is necessary to quit. Decide upon a stop date, and allow yourself to plan for this date. A smoker with a pre-determined stop date is more likely to succeed than someone who makes an impulsive decision to quit on a particular day.
2. Change your habits. You may be so accustomed to smoking that you can't imagine performing certain activities without a cigarette. Make a list of times and places that you usually smoke, and then think of ways you can alter your activities to accommodate your plan to quit smoking. For instance, if you usually smoke right after finishing a meal, plan to clear the table immediately after a meal. If you take a smoke break at work, plan to take a short walk to get some fresh air and exercise.
3. Prepare for temptation. If you have made the decision to quit smoking altogether ("cold turkey"), you should eliminate anything that will tempt you to smoke. Throw away all cigarettes, lighters and ashtrays. Keeping a spare pack of cigarettes "just in case" only sets you up for failure.
4. Expect changes. When you quit smoking, your body and mind may react to this change. You might find that you are anxious or irritable than when you smoked. You also might notice increased feelings of hunger. Exercise and increased activity are good ways to deal with these changes.
5. Deal with mistakes. Just when you think you've kicked the habit, you may end up smoking in a moment of weakness. Don't beat yourself up over one small setback, and don't use this mistake as an excuse to start smoking again. Simply reaffirm your commitment to quit smoking, and continue following your plan to break the habit.
6. Ask for help. Many medical options, including nicotine chewing gum and patches, are available to assist smokers with the physical symptoms associated with giving up smoking. Contact your doctor for more information. Also, local support groups can provide assistance and emotional support during the difficult process of kicking the cigarette habit.

If you have other EAP concerns, please call the toll free number, **1-888-290-4EAP** or TDD access at 1-800-697-0353. This employee/family benefit is provided by your employer. "For information related to your everyday concerns, go to [www.GuidanceResources.com](http://www.GuidanceResources.com). "First Time Users" will be prompted for their company ID: **FEDSOURCE**, to register and create your own username and password.

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