

## Day One



Circle a date one week from today. This is **your quit date**. Period. Everything you do for the next week is focused on not smoking this day or any after.

Notice the stains on your fingers and lips, and how much you cough. You cannot imagine the harm your body is suffering from tobacco. Try anyway. Don't imagine dying from a **tobacco related disease**. Imagine living with one, unable to breathe, crippled by stroke, or hairless and impotent. Talk to people who have successfully quit about what worked for them. Join a support group or call a Quitline. Speak to a **medical professional** for advice about pharmaceutical assistance to quitting.

## Day Two



Start some lists! Make a list of all the reasons **you want to quit**. Pay special attention to the triggers that prompt your habit. List them.

Make a list of how many cigarettes you smoke each day and when you smoke them and keep track of this. See ways you can

delay and taper the amount and when you smoke. Start to **dramatically reduce** how much you smoke every day.

## Day Three



Tell your friends **you want to quit** and quit buying tobacco. If you haven't already, make your workplace, home, and car smoke free. **Secondhand smoke** is just as dangerous as smoking.

Do some stretching to **get in touch** with your body. Start a mild exercise regimen and feel the nicotine and tar coming out your pores and in your spit.

## Day Four



Imagine things to do besides smoking. Make decisions about avoiding people and places where smoking is likely to occur. Realize which **habits and situations** you will change and imagine how you will deal with stress without tobacco. Do some visualization of how great being smoke free will be. **Take control**.

## Day Five



Tally up how much **money** you spend on tobacco and how much time you spend on a nicotine addiction. Multiply \$3/pack and at least 10 minutes/cigarette by the days in a month; a year. Ask your friends, spouse, and co-workers for their **support** helping you quit. Buy some gum, toothpicks, or hard candy. Practice taking **deep breaths** and feel the rattle in your lungs that you will lose.

## Day Six



Clean your clothes, your car, and your house. Dig those stale cigs out from under the seat cushions. Imagine how you will reward yourself for being smoke free. Throw away your ashtrays and all of your tobacco. **You are not going to smoke** after midnight.

Brush your teeth.

**Wake up smoke free!**

## Day Seven



**Good morning, Sunshine!** Keep very busy today. Remember to take deep breaths and **drink plenty of water**. You will actually probably cough more today as your body expels poison. You may feel anxious but it will pass. Most acute withdrawal symptoms last only about 3 to 5 minutes at a stretch. Avoid being around others' smoking and let your supportive friends know today is the day!

It may be tough but **this too, will pass.**

## Smoke Free Day One!

Already your blood pressure has dropped and your sense of smell and taste is rapidly returning. Your body will immediately start healing itself.

You may experience restlessness, head aches, fatigue, or difficulty sleeping.

Withdrawal symptoms usually become milder every day and last only a couple of weeks.

**Stay committed.** Review the list you made of reasons you want to be smoke free.

## Tobacco Free!

Think about that reward you imagined. Know that the carbon monoxide level in your blood has returned to normal. Within weeks your lung function is increased and after a year your risk of heart attack is halved. After 5 years your risk of stroke returns to that of a nonsmoker. **Your body is healing. And you, good friend, are tobacco free.** Congratulations!

Easy wasn't it? Well, maybe not, but keep trying. You owe it to yourself and your family to increase your lifetime, your savings, and the quality of life for all of you. You do not have to smoke. You do not want to smoke. It's **your body, your air, and your life.** Make them all smoke free.

The Arkansas Division of Health provides a Free Quit line at **1-866-NOW QUIT. Call today to set up a personalized quit plan that will fit your schedule and your lifestyle!**

 **Tobacco-Free Marion County**  
427 2620 [tfmc@marioncounty.com](mailto:tfmc@marioncounty.com)

**2006 handselart@marioncounty.com**

## You can kick a nicotine habit!



**Quitting smoking or dipping will remove your greatest health risk.**

**You have to step up and challenge a physiological addiction and physical habit.**

Quitting is easy. Deciding that you want to be smoke free more than you want to smoke is hard. But people do it every day. You can, too. Take a week, 7 short days, and try these steps.