



Counseling Associates
New London, Newport,
Claremont & the Upper Valley

GUIDE TO QUIT SMOKING

How to save money and restore your health

**IF YOU'RE TIRED OF:
SPENDING MONEY ON CIGARETTES
DEALING WITH HEALTH PROBLEMS RELATED TO SMOKING
PEOPLE BOTHERING YOU ABOUT QUITTING
THEN THIS GUIDE IS FOR YOU.**

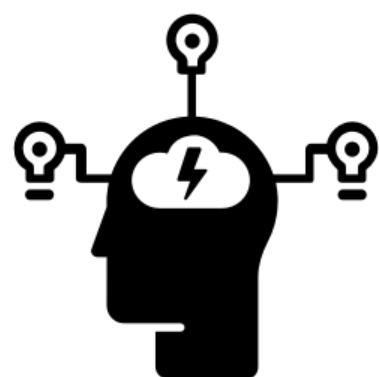


WHERE TO START

- Write down your reasons for quitting.
- Set a quit date and make a plan.
- Throw away cigarettes, lighters, and ashtrays.
- Tell friends and family your quit date and plan.

HELPFUL STRATEGIES

- Avoid smoking triggers (places or things that cause cravings).
- Manage stress.
- Celebrate little victories (progress, not perfection).
- Attend counseling.
- Ask family and friends not to smoke around you and not to ask you to smoke.



WHAT TO EXPECT

- The first few days will be the hardest but once you're past the hurdle, it gets easier!
- Even after you quit, you can get hooked again with just a few cigarettes.
- The only way to be safe is to become a nonsmoker — for good.



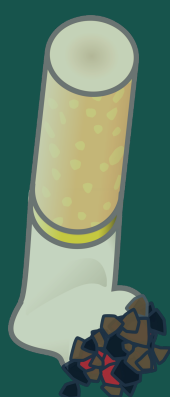
MOOD SWINGS

- When you quit smoking, you may experience irritability and moodiness.
- This is your body's reaction to craving nicotine but **the good news** is that it only lasts 1-2 weeks on average.
- When the body starts forgetting about nicotine, the mood swings will go away.



BEAT THE CRAVINGS

- Cravings only last a couple of minutes at a time.
- When you feel the urge to smoke, do something else!
- One tip is to carry gum, hard candy, or toothpicks on you to ease cravings.



Please see community resources on the back of this page.
Adapted from Maryland Department of Health Quit Brochure and
Mayo Clinic's Quit Smoking Action Plan

COMMUNITY RESOURCES

Dartmouth Hitchcock Smoking Cessation Program

Smoking cessation program for all patients

Contact: Alexandra Fannin, APRN

(603) 650-8537

https://www.dartmouth-hitchcock.org/quitting_smoking.html

Dartmouth Hitchcock Tobacco Dependence Clinic

Koop Tobacco Treatment Center

Lebanon, NH

Phone: (603) 650-8537

NH Quit Now

<https://quitnownh.org/>

Quit Works NH

Email: quitworksnhinfo@jsi.com

Telephone: 1-800-QUIT-NOW (1-800-784-8669)

<https://quitworksnh.org/>

Freedom from Smoking Online

A free 24-hour smoking cessation program available on the Internet through the American Lung Association

<http://www.freedomfromsmoking.org/>

Nicotine Anonymous

A non-profit support group that offers a 12-step program to help its participants quit smoking.

<http://nicotine-anonymous.org/>

Podcasts

- **Creating a Quit Plan** (12 minutes)
- **Getting Motivated to Quit** (13 minutes)
- **Why Is It So Hard to Quit Tobacco?** (18 minutes)

Podcasts can be found at:

Dartmouth Hitchcock's Quitting Smoking Information and Materials webpage or through this link:

<http://bit.ly/2KMsY3e>