



QUITLINE IOWA

1 800 QUIT NOW | 1 800 784 8669

# Tips for the First Week

Quitting is not easy. To quit successfully, you need to win the little battles against the strong nicotine cravings that result from years of addiction. Try these to help. Or call Quitline Iowa at 1-800-QUIT-NOW for personalized assistance.

## Cravings

**Drink a lot of liquids, especially water.** Try herbal teas or fruit juices. Limit coffee, soft drinks, or alcohol—they can increase your urge to smoke.

**Avoid sugar and fatty food.** Try low-calorie foods for snacking – carrots and other vegetables, sugarless gum, air-popped popcorn, or low-fat cottage cheese. Don't skip meals.

**Exercise regularly and moderately.** Regular exercise helps. Joining an exercise group provides a healthy activity and a new routine.

**Get more sleep.** Try to go to sleep earlier and get more rest.

**Take deep breaths.** Distract yourself. When cravings hit, do something else immediately, such as talking to someone, getting busy with a task, or taking deep breaths.

**Change your habits.** Use a different route to work, eat breakfast in a different place, or get up from the table right away after eating.

**Do something to reduce your stress.** Take a hot bath or shower, read a book, or exercise.

## Psychological Needs

Remind yourself every day why you are quitting.

Avoid places you connect with smoking.



Develop a plan for relieving stress.

Listen to relaxing music.

Watch a funny movie.

Take your mind off a problem and come back to it later.



Rely on your friends, family, and support group for help.

Avoid alcohol. It lowers your chances for success.