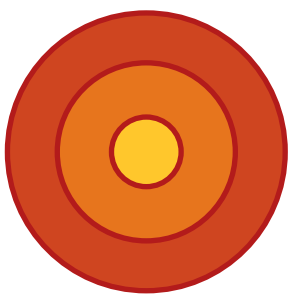
Weill Cornell Medicine

5 Tips to Help You **Quit Smoking**



Quit smoking with practical strategies to help you move toward a healthier future.



Identify Your "Why"

Smoking cessation starts with understanding why you want to kick the habit. Write down your reasons, such as improving your health or being there for the people you love.

Plan for Quit Day

Pick a quit date and decide how you'll get through it. For example, you might consider nicotine replacement therapy to reduce cravings or counseling to help understand why you smoke.





Know and Avoid Your Triggers

Certain emotions, such as stress or boredom, or activities, like drinking coffee or hanging out with friends, can make you want to smoke. Once you identify your triggers, make it a point to avoid them when you can, and plan what you'll do instead when you can't.

Embrace Distractions

When a craving comes on, find something else to focus on. You could go for a walk or run, chew gum, tackle a home improvement or craft project, or just breathe slowly and deeply.





Surround Yourself With Support

Having a team in your corner can make quitting more manageable. Build a network of people you can turn to for encouragement, a listening ear or tips on what worked for them when they gave up smoking.

Need expert support as you kick the habit?
Find a doctor today: weillcornell.org/doctors

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