



Cutting Down or Quitting Smoking

Facts:

1. Quitting is one of the best things you can do for your health.
2. You can save over \$2,000 per year by quitting (if you smoke a pack per day). This money stays in your pocket instead of going to big corporations that profit off of you!
3. Quitting smoking **does not** increase risk for other substance use.
4. Quitting is hard! The first week after stopping smoking is when you are most likely to “slip up” and smoke again.

Strategies to Help You Cut Down or Stop Smoking:

Cut Down or Stop	Challenge Your Thoughts	Manage Emotions	Change Your Routine	Handle Social Situations
If you're not ready to quit completely, reducing the amount you smoke is still good for you. <i>Try slowly cutting back.</i>	We all have things we say to ourselves about smoking. <i>Try challenging your thoughts to help yourself cut down.</i>	Often people smoke to cope with emotions (e.g., anxiety). <i>Try some different strategies to manage emotions.</i>	Daily activities can become associated with smoking. <i>Try changing up your routine.</i>	Sometimes smoking can be a social activity. <i>Try changing the way you approach social situations.</i>
<ul style="list-style-type: none"> ○ Cut down the number of cigarettes you smoke per day ○ Take two or three puffs instead of smoking the whole cigarette. Throw it away when you're done ○ Only buy the number of cigarettes you plan to smoke that day or week 	<ul style="list-style-type: none"> ○ Develop a mantra/phrase that you can say to yourself when things get hard. Repeat it to yourself out loud ○ Remind yourself of why you are cutting down ○ Think about quitting smoking as exercising your freedom of choice – you have control over your body and your health! 	<ul style="list-style-type: none"> ○ Talk to someone about your feelings ○ Take a few, slow deep breaths ○ Distract yourself with something you enjoy ○ Get some exercise ○ If you smoke when you feel good, try savoring the moment without a cigarette 	<ul style="list-style-type: none"> ○ Change up your routines to break associations between smoking and certain activities ○ Find something to replace smoking, like chewing gum, eating a small candy, or biting a straw ○ If you smoke after meals, try brushing your teeth instead 	<ul style="list-style-type: none"> ○ Tell people in your life that you plan to cut down or stop smoking. See if there's anyone who will support you or become involved in your quit plan ○ If you want to go outside for a smoke break, smoke 2-3 puffs, then enjoy the fresh air for the rest of the break

Resources:

- Build Your Quit Plan: [Smokefree.gov/build-your-quit-plan](https://www.smokefree.gov/build-your-quit-plan)
- Phone: State Tobacco Quitline (1-800-QUIT-NOW; 1-855-DEJELO-YA)
- Text: Text QUIT to 47848; [Smokefree.gov/SmokefreeTXT](https://www.smokefree.gov/SmokefreeTXT)
- Phone App: [Smokefree.gov/apps-quitstart](https://www.smokefree.gov/apps-quitstart)

Adapted from: <https://www.cdc.gov/tobacco/campaign/tips/partners/health/materials/You-Can-Help-Your-Patients-Quit-Tobacco-Use-508.pdf>; <https://smokefree.gov/build-your-quit-plan>