



NEWS RELEASE

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FOR IMMEDIATE RELEASE

Quitting Tobacco Use - A Perfect New Year Resolution for 2021

Sterling, Colo. – December 29, 2020: Not many can disagree that 2020 has been a difficult year and we are all looking for a new start on January 1st. Therefore, whether you use cigarettes, e cigarettes or chewing tobacco, there really is no better time to start quitting tobacco use.

Nevertheless, it won't be easy, and you shouldn't expect to quit in one day. There's no one right way to success, but there are some requirements and it will take persistence. Here are some tips to help begin this difficult journey.

Have a Reason

The decision to quit must come from you. There may be loved ones that are urging you to quit, but the real commitment must be yours. Write down your reasons to quit, or create an inspiration board so you can look at it every time you want to smoke. Anything that will give you the motivation to keep going.

Set a Date

Picking a quit day is an important step in quitting. Picking a day with significance is sometimes beneficial, but pick a day within the next month. Waiting too long will give you too much time to change your mind. January 1 2021 could be that date for you. Whatever the day, circle it on your calendar and make a strong, personal commitment to quit on that day.

Make a Plan

Making a plan is an important step. There are many options to support your decision such as nicotine replacement therapy, prescription drugs, and other methods. Read up on the different ways to quit and find the best choice for you. Talking to your doctor or dentist to get their support is also a good idea. Tell friends, coworkers and family about your quit day. They will provide you with the emotional support, help and encouragement to increase your chances of success. Quitting for good is a matter of planning and committing, not luck. Decide now on your own plan.

Prepare Your Quit Day

Clean your house and car, removing all reminders of your habit. Think about your past attempts to quit and try to figure out what worked and what didn't. Stock up on oral substitutes such as gum, carrot sticks, hard candy, cinnamon sticks, coffee stirrers, straws, and/or toothpicks. Practice saying, "No thank you, I don't smoke. " Identify triggers and habits and try to avoid them or have an alternative. You may not be able to evade all situations, but you will have to find ways to cope. Finally, ask people you are around, who still use tobacco products, not to use around you and not leave tobacco products out where you can see them.

Find Craving Busters

Half of the addiction is breaking habits. Creating a list of activities to jolt yourself out of the pattern will help shake the need and help you take back control. Exercising is an easy and beneficial distraction. Take a walk on your break or do some stretching. This will help distract your mind and make you feel physically better. Changing your location can also change patterns. For example, if you always go outside on your break and smoke, stay in the break room and browse social media or online articles. In fact, social media has proven to assist young adults in successfully breaking the habit. A national clinical trial conducted tested a Facebook smoking cessation intervention program and found that smokers are 2.5 times more likely to quit after three months with the social media-based treatment than if they had been referred to an online quit-smoking program. Another new technology that can be of assistance is your smartphone. There is an app for

everything now and quitting tobacco is no different. You can find a list of the best quit smoking apps on our website: <https://www.nchd.org/tobacco/QuitApps>. Many of them are free.

On Your Quit Day

Daily patterns can often trigger your urge to smoke - simple events, like waking up, finishing a meal, drinking coffee, or taking a work break. Separating yourself as much as you can from those triggers is going to be the key to success. First, do not smoke – not even one puff! Stay busy – try walking, short bursts of exercise, or other activities and hobbies. Drink plenty of healthy beverages and drink less alcohol or avoid it completely. Start using nicotine replacement if that's your choice. Avoid situations and people where smoking is commonplace. Most of all, change your routine. Try using a different route to go to work. Drink tea instead of coffee. Eat breakfast in a different place, get up early and go out to a restaurant or eat different foods. Finally, be prepared to feel the urge to smoke. It will pass whether you smoke or not, so delaying for 10 minutes should do the trick. Repeat if needed. This may sound silly, but deep breathing is an invaluable tool to help shift gears when nicotine withdrawal makes you edgy. Drinking water slowly, sip by sip can also ease the craving. And quite simply, do something else. Often this simple trick will allow you to move beyond the strong urge to smoke. Some of the Apps we have suggested include brainteasers and games that will keep your mind busy while you move through those strong desires.

Keep Motivated

Longevity and persistence is the key to successfully quitting for good. Taking one day, or possibly one hour, at a time is the key. To keep you motivated, set up an exercise plan and keep in mind the health benefits of quitting. Start a new hobby or craft. Keep your motivation list or images close and review them often. Another idea is to start a money jar, or set up a way to pay yourself instead of the tobacco company for the amount you would usually pay for your habit. Then, spend your savings on a special reward or an appointment to relax and pamper yourself. Find what works for you.

Ultimately, just remember that quitting is hard. It takes time, tenacity and a plan. It's also good to be patient with yourself and keep in mind, you don't have to stop tobacco use in one day. Just start with one day.

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