

# Thinking About Quitting Smoking?

Here are some tips:

- 1 Set a QUIT date (ideally, within the next two weeks.)
- 1 Throw away all of your smoking paraphernalia (ashtrays, lighters, cases, etc.).
- 1 Tell your friends and family you are quitting.
- 1 Write down your reasons for quitting and keep them on hand to help you stay focused.
- 1 Plan ahead for dealing with cravings; have gum, mints or water on hand.
- 1 Stay busy; do homework, take a walk, call a friend, go to a movie.
- 1 Consider using a nicotine replacement, such as gum or the patch, to help ease withdrawal symptoms.
- 1 Use deep breathing to help you get through cravings.
- 1 Start a QUIT jar, put all the money you would have spent on cigarettes in the jar and watch it grow.
- 1 Increase your physical activity; join an aerobics class, sign up for a team at the Rec Center, go for a bike ride or run.
- 1 Clean out your car to get rid of any reminders of smoking.
- 1 Get your teeth cleaned or get a manicure.
- 1 Reward yourself along the way; buy a new CD, go out to dinner, do something for you.
- 1 Join a stop smoking program.

## Campus Smoking Cessation Resources

Health Enhancement, Division of Student Affairs

FREE stop smoking Quit Kits and an individualized smoking cessation program for NIU students (Xtreme Air). Call 753-9755.

Recreation Services, Division of Student Affairs

Exercise programs and equipment, personal fitness trainers, intramural sports, massage therapy, dietary/nutritional counseling.

Employee Wellness and Assistance Program

Group smoking cessation program (Fresh Start - American Cancer Society) for NIU students, faculty, staff and spouses. Call 753-9191 to register.