

STOP SMOKING!

Nicotine is a powerful drug, so quitting smoking is difficult. Here are some tips for quitting smoking:

- Quit—allowing yourself even one cigarette could sabotage your effort to quit.
- Reward yourself for not smoking—give yourself something to look forward to, but don't give yourself the reward if you end up having a cigarette.
- Lessen your coffee intake—the effects of caffeine increase when you're not smoking.
- Modify your routines associated with smoking, such as your morning coffee break.
- Join a support group—talking to others who are going through the same thing can help.
- Try nicotine gum or patches—these products allow you to control the amount of nicotine in your blood stream so you can slowly decrease the nicotine your body requires to feel normal.
- Don't let your guard down—withdrawal symptoms can continue for three to four weeks.
- Avoid or severely limit your alcohol intake when quitting—if you choose to reintroduce it, be careful, as alcohol is a smoking trigger for many individuals.



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