



March 2010

## In This Issue

### Smoking Cessation

- What Can I do?
- Benefits of Quitting

Online Resources may be found at the bottom of this newsletter.

## Smoking Cessation



We all know that smoking is bad for us, but truly what benefits can smoking cessations help to quit? Many of the 46 million Americans who smoke cigarettes are actively trying to quit or wanting to quit smoking. With the help of good smoking cessation programs, about 20 to 40 percent of participants are able to quit smoking and stop smoking cigarettes for at least one year. This newsletter will offer you information on smoking cessation, as well as the benefits quitting smoking can provide.

### What can I do?<sup>1</sup>

#### Figure out how your addiction works:

- Write down feelings that you have before you start smoking each cigarette.
- Write down positive feelings that came from smoking.
- After a few days, look at the list, you may notice a pattern.
- Find things to distract you when you start feeling like having a cigarette.
- Find alternatives to help keep the positive feelings that you get from smoking, without actually having a cigarette. For example, if you feel relaxed, try to do something else to maintain those same feelings, such as reading or just going outside to get fresh air (without a smoke).

#### Change your environment and Prepare yourself:

- Remove objects such as ashtrays, lighters and even cigarettes from your home, car, purse or any place you commonly kept them.
- Prepare activities or things to keep your mind off of smoking. For example eat carrot sticks or a low calorie snack when feeling a craving or take a walk around the park after a large meal (or any time you may

normally smoke).

### **Use the people around you and keep your goals in mind:**

- Tell a lot of people that you have quit smoking, as they can be your cheerleaders or a means of support.
- Tell your smoking friends or family that you do not want them to give you a cigarette.
- Don't be afraid to ask for support from people around you.
- Keep your goal in mind constantly, and reward yourself for your accomplishments.

### **Reduce the appeal:**

- Keep reminding yourself of the harmful effects that smoking can have on you.
- Realize that quitting smoking is hard and requires effort in advance.
- Anticipate temptations and act creatively to change them.

## **Contact Us**

Hours: Monday – Friday, 8:30-5:00pm. Evening hours are available on a limited basis.

(540) 989-6605 or 800-699-9396

Nights and weekends call  
RESPOND:

(540) 776-1100 or 800-541-9992

Advantage EAP does not necessarily endorse any products or services mentioned

---

## **Benefits of Quitting**



- After one year off cigarettes, the excess risk of coronary heart disease caused by smoking is reduced by half. After 15 years of abstinence, the risk is similar to that for people who've never smoked.<sup>†</sup>
- In 5 to 15 years, the risk of stroke for ex-smokers returns to the level of those who've never smoked.<sup>†</sup>
- You will live longer and live better.
- Quitting will lower your chances of having a heart attack, stroke, or cancer.
- The people you live with, especially your children, will be healthier.
- You will have extra money to spend on things other than cigarettes.

### **5 Steps to Help You Quit:**

- 1) Get ready: set a date, change your environment
- 2) Get support: tell friends and family that can help offer encouragement when needed.
- 3) Learn new skills: distract yourself from smoking, try new activities
- 4) Get medication when needed: contact your doctor concerning medication to help quitting
- 5) Be prepared for relapse or difficult situations: don't give up!



Please contact your Advantage EAP with any further questions at:

(540) 989-6605 or 800-699-9396

Or visit our website at [www.psychhealthroanoke.com](http://www.psychhealthroanoke.com)

Or our Blog at: <http://psychhealthroanoke.blogspot.com/>

**Some helpful online resources:**

- 1) [http://www.smoking-cessation.org/smoking\\_cessation\\_good\\_to\\_do.asp](http://www.smoking-cessation.org/smoking_cessation_good_to_do.asp)
- 2) <http://www.americanheart.org/presenter.jhtml?identifier=4731>

† 2004 Surgeon General's Report: The Health Consequences of Smoking