



## SMOKING CESSATION

# Time to quit smoking

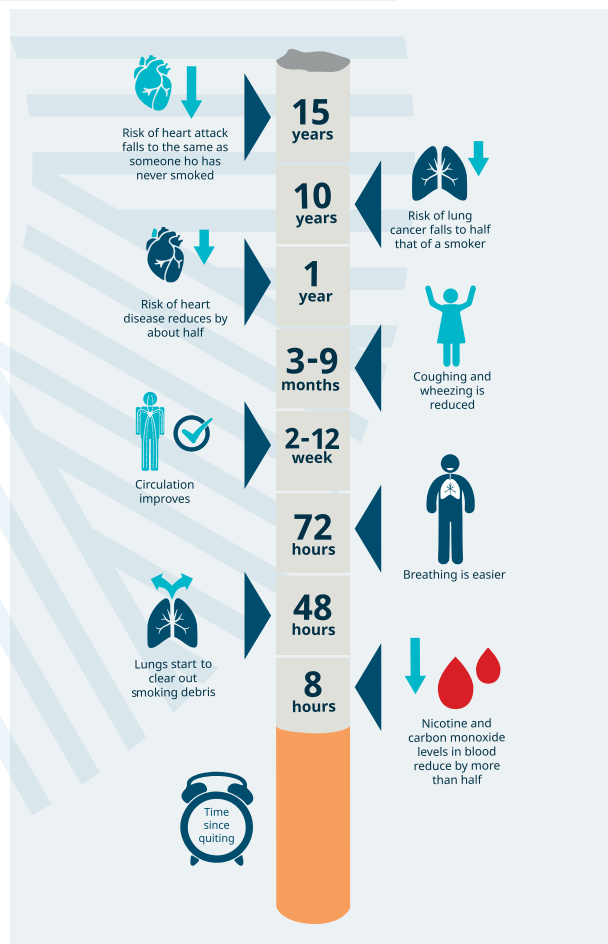
Everyone has their own motivations for wanting to quit smoking. Quitting smoking has many benefits. This is true regardless of how old you are, how long you have smoked, or how much you have smoked.

## WHAT ARE YOUR REASONS FOR QUITTING?

Everyone has different reasons to quit smoking. If you are unsure, ask yourself the following:

- What will get better if you quit?
- What do you dislike about smoking?
- What do you miss out on when you smoke?
- How will quitting improve your health and appearance?
- How does smoking affect your loved ones?
- What will you do with the extra time and money?

There are many benefits to quitting tobacco and tobacco-alternatives from your life, including improvements to your health and appearance, your relationships with your loved ones, and even your time and money management.



## CHOOSE TO QUIT TODAY!

Quitting and staying smoke-free can be a challenge, but many people have done it successfully.

With a well-planned strategy, your chances of quitting will be better.

Before you quit, start with the following:

- 1. Set a date to quit**
  - Choose a date that is not longer than 2 weeks, preferably linked to a special occasion (Ramadan, new year, birthday).
  - Tell family, friends, and co-workers
- 2. Speak to your family and friends about your plan to quit so that they understand your change in mood.**
- 3. Expect challenges and prepare for them**
  - When you are stressed or feeling down, you may be tempted, so prepare for ways to deal with the urge before it strikes.
- 4. Expect feelings of withdrawal**
  - Get rid of cigarettes and other tobacco products from your home, car, and work
- 5. Don't make it easier to restart your smoking habit by leaving items that remind you of it.**
- 6. Seek professional help**
  - Talk to your doctor about your wish to quit smoking and seek their advice on where and how to begin. Your doctor will likely refer you to a smoking cessation program.
- 7. Join a smoking cessation program**

## HOW WE CAN HELP

If you want to stop smoking and are looking for ways to do so, our team can help you every step of the way.

Our smoking cessation program takes on a one-on-one, holistic approach with a focus on behavioral change.

During this program, you will be paired with a trained smoking cessation specialist who will guide you through every step of the quitting process to ensure appropriate coping mechanisms and teach you techniques to reduce your risk of relapse so that you can begin your smoke-free life.

Reach our smoking cessation care team by calling **02 419 4984** or by speaking with your physician or nurse the next time you visit one of our healthcare facilities.