

Quitting Smoking or Other Tobacco Products



Quitting smoking is identified as the single most important health improvement you can make to reduce your risk of developing cancer and other serious health issues. Many ex-smokers say quitting was the hardest thing they ever did. **Yet millions of people have done it — and you can, too.**



Tips and resources to help you succeed

What's your why?



- Health? Family? Money?
- Not sure? Ask yourself:
 - How much money could you save by quitting? Smoking one pack of cigarettes a day costs about \$238 a week, which is over \$12,400 a year
 - What do you dislike about smoking or using smokeless tobacco?
 - What do you miss out on when smoking or using tobacco?
 - How does it affect your health?
 - What happens to you and your family if you continue tobacco use?
 - How will your life improve if you quit?

Preparing to quit



- Set a quit date, giving yourself time to prepare
- Research over the counter options such as gum, patches and pouches
- Talk to your doctor about options for medications and support

Building your quit plan



- Let loved ones know you are quitting
- Remove reminders of smoking or tobacco products
- Identify your reasons for quitting
- Identify triggers
- Develop coping strategies
- Identify places to turn to for help
- Determine how you will reward yourself when you reach milestones (i.e., after a week, a month, etc.)

Resources to help you

Free Resources

Nebraska Tobacco-Free Quitline

- 1-800-QUIT-NOW (784-8669) English
- 1-855-DÉJELO-YA (335-3569) Spanish and more than 200 languages available
- **QuitNow.ne.gov** website for information, support and helpful links
- Nebraska Tobacco Quitline on Facebook, @NebraskaTobaccoQuitline

Centers for Disease Control and Prevention (CDC)

- Healthy Living-Smoking and Tobacco Use 
- Quit smoking app
 - quitSTART available in Google Play and Apple Store

Area Support Groups



Live Online Chat



Resources with a Charge

Local Resource

- Bryan LifePointe class
 - Call 402-481-6300