



TOP 10 TIPS TO QUIT SMOKING

Counselors from the California Smokers' Helpline provide their top 10 tips to quit for good.

1.

FIND A REASON TO QUIT

Do you want to breathe easier? Be around longer for your family? Save money? Whatever gets you fired up, write it down. A strong reason can get you started. And it will help you stay quit when you're tempted to smoke.

2.

MAKE A PLAN

Think about what triggers you to smoke. Is it stress? Being around smokers? Alcohol? Or something else? Plan to get through those times without smoking. Keep your hands busy and your mind off cigarettes. Examples: drink water, wash the dishes, talk to a nonsmoker.

3.

CALL 1-800-NO-BUTTS

People who call the Helpline are twice as likely to quit for good. A trained counselor will help you make a personal plan and offer support along the way. It's free, and it works!

4.

GET SUPPORT

Research shows that support while quitting can really help. Talk with your family and friends about your plan to quit. Let them know what they can do to help you.

5.

USE A QUITTING AID

Quitting aids, like nicotine patches and gum, and other FDA-approved medications are helpful. They can cut withdrawal symptoms and increase your chance of quitting for good. Your health plan or Medi-Cal benefits may cover these products. Talk with your doctor about which quitting aids are right for you.

6.

MAKE YOUR HOME & CAR SMOKE-FREE

Having smoke-free areas can help you stop smoking. And your friends and family will enjoy cleaner air and a longer, happier life - with you still in it!

7.

SET A QUIT DATE

Choose a date when you will quit. This shows you're serious. And you're more likely to give it a try.

8.

QUIT ON YOUR QUIT DATE

Sounds obvious, right? But what good is a quit date unless you actually try to stop smoking? Planning is good - doing is even better.

9.

PICTURE BEING A NONSMOKER

After you quit, you have a choice to make. Are you a smoker who's just not smoking for now? Or are you a nonsmoker? For nonsmokers, smoking is not an option in any situation. Choose to see yourself as a nonsmoker.

10.

KEEP TRYING

Most people try several times before they quit for good. Slips don't have to turn into relapses - but if they do, remember each time brings you closer to your goal.

If you keep trying, you will succeed!

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Success Stories



"I started smoking at the age of nine – 46 years ago. I've tried to quit many times in my life but it wasn't until I called 1-800-NO-BUTTS that I got the support and motivation that I needed, especially the sound of the young lady's voice on the other end who reminded me why I was stopping."

Jerry, Sacramento



"I started smoking at 14 and I'm now 47. I've been smoking way too long. What really made me want to stop is that I got tired of buying cigarettes and I got tired of not being able to breathe due to smoking too much. I got the 1-800-NO-BUTTS number from a friend and also received a lot of helpful information to read that convinced me I was ready to quit for good. I really want to thank everyone at the Helpline for their support and help."

Lonette, Fresno



"I was ready to quit, I mean really ready. I couldn't afford to keep smoking and couldn't afford the patches. The Smokers' Helpline provided patches for me, what a blessing! I smoked my last cigarette, put the patch on and didn't look back. The first days were the hardest, but I stuck it out. My health at my time of life is more important than cigarettes. I feel great now, and what an accomplishment! My counselor gave me the support I needed."

Carol, Santa Maria



"It's never too late to quit smoking. I did it at 66 with the help of the California Smokers' Helpline. My counselor was so helpful and encouraging with some great suggestions, such as picture yourself as a nonsmoker and get rid of all tobacco products at home, which will help you get through the difficult moments more easily. In addition to the help I received from the Helpline, I found that nicotine patches helped to ease my quitting process. I believe that smoke-free outdoor policies in my community help me to stand firm and not be tempted to smoke."

Susan, San Francisco



"I lost my mother to lung cancer, and then a few years later my partner of 24 years. The stress was incredible. I quit with willpower, and the Helpline keeping tabs on me and checking in on my progress. Thank you for helping me to remain smokefree and being there with the information on just how much smoking takes away from everyone. A 'bad habit' is too kind for what it really is – cigarettes are killers. Period. Stuff it, don't puff it!"

David, Palm Springs



"After smoking for more than 47 years, I decided to call 1-800-NO-BUTTS after seeing a Helpline ad on television. I am very thankful for the support and information I received from my counselor, who suggested different strategies to help me cope with cravings and urges. I found it helpful to know that cravings and urges go away within a short period of time. I think it is so important to have someone available to assist you and tell you that quitting is possible. I am now referring all my friends who smoke to the Helpline!"

Kris, Onyx

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