

# 12 METHODS TO HELP You Quit Smoking for Good

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As you may know, smoking can cause health challenges including heart disease and cancer. It's easy for someone to say that one should quit, but doing it is a different thing altogether.

If you've ever tried to quit smoking before, but couldn't, it may be time to give it another try. **Many people who have quit smoking had to try a few times to make it happen.**

**These techniques can all help you to stop smoking:**

1. **Be positive.** Even if you have tried and failed to quit smoking in the past, you can still be positive about trying it again. Look at what the previous experience was like. What would you do differently this time around?
2. **Eat foods that support quitting smoking.** Certain foods can make cigarettes more satisfying, while others have the opposite effect. **While you're quitting, try and avoid meat. Instead, opt for cheese, fruit, and vegetables.**
3. **Change what you drink.** Your choice of drink can also affect how the cigarettes taste. Avoid any fizzy drinks, tea, or coffee. Instead, opt for water and juice.
4. **Get some support.** If you have friends or family that may want to quit smoking, suggest that you give up smoking together. There will also likely be a local support group that you could visit. The expert advice you get from these support groups will give you a better chance of quitting.
5. **Exercise.** Getting regular exercise, even if it is only 5 minutes a day, will ensure that your body produces chemicals that can reduce cravings.

6. **Learn new ways to relax.** Nicotine can help people relax, so when you quit, it's important to find a different way to de-stress. Your favourite music or a massage may be an option. A new hobby can also help keep you busy and relaxed.
7. **Enjoy immediate health benefits. Just 20 minutes after your last cigarette, your heart rate will return to normal.** Within the day, the levels of carbon monoxide will fall back to its normal levels. And within 2-3 weeks, your chances of suffering a heart attack will also reduce.
8. **Have a spring clean.** To remove all of the reminders of your time smoking, and to reduce temptation, give your house a deep clean. Clean your carpets, clothes, and upholstery. If you used to smoke in the car, clean that too.
9. **Keep your hands and mouth busy.** When you are out at a party, consider holding your drink with the same hand as you would a cigarette. Use a straw to keep your mouth busy.
10. **Use nicotine replacement therapy (NRT). There are numerous patches, tablets, lozenges, gum, and nasal sprays that you can use to reduce cravings.** These products all contain nicotine, which is what you are craving when you want to light a cigarette.
11. **Make a list of reasons why you want to quit.** Why do you want to quit smoking? Write a list of reasons and carry it around with you. Read your list back to yourself whenever you're tempted to have a cigarette.
12. **Reward yourself.** When you no longer experience any cravings, reward yourself. Smoking is an expensive habit, so along with the health benefits that you'll gain from quitting, you'll also be able to save money too. You could use this saved money to treat yourself to something fun.

Even if you've tried to quit smoking before, try these strategies to take another go at it. This time can be the time you quit for good.