

Focus on Health – Quit Smoking in 2024

Find Your Reason

As we start the new year, it is an excellent time to get motivated to be healthier. One of the most important steps you can take for better health is to stop smoking. To get inspired, you may need a powerful, personal reason to quit. Is it getting in the way of your daily activities? To lower your chance of lung cancer or heart disease? To improve your overall health? Choose a reason that is strong enough to outweigh the urge to use a cigarette, and then follow these steps to help you quit smoking in 2024.

Prepare

Quitting smoking can be difficult. When your body has become dependent on nicotine, you will experience withdrawal symptoms once you stop smoking. So, prepare well beforehand to increase your chances of success. Ask your physician about methods that will help, such as smoking cessation support groups, counseling and medication.

Avoid Triggers

When you drink alcohol, it's harder to stick to your no-smoking goal. Try to limit alcohol when you first quit smoking. Also, avoid other habits associated with smoking. If you smoke when you drink coffee, switch to another hot beverage for a few weeks. If you usually smoke after meals, try taking a walk, chatting with a friend or chewing gum. Various stimuli, such as

individuals, locations, feelings or environments can trigger smoking cravings. So, it is crucial to identify and avoid your personal triggers as much as possible during the quitting process.

Reward Yourself

One of the perks of giving up smoking is the money you will save. Use an online calculator to figure out how much you will save from quitting and reward yourself by spending some of that saved money on something fun for yourself. Give yourself a break by treating yourself to a massage, making time for a new hobby or finding other ways to unwind.

Don't Give Up

As with most other habits, you may not be successful on your first try. In fact, many people try several times before giving up smoking for good. Don't become discouraged if you have a setback. Use it as an opportunity to step up your commitment to quitting. Set a new quit date and tell your friends and family you're trying to quit. They can encourage you to keep going, especially when you are tempted. If you haven't already done so, consider joining a support group or counseling for further assistance.

Did you know?

Quitting smoking is one of the most important actions people can take to improve their health.

Learn More

For more information about our products, practice solutions and to request a quote, click [here](#).

References:

<https://www.webmd.com/smoking-cessation/quit-smoking>

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm