

How to Quit Smoking

Smoking is dangerous to your health. Quitting will reduce your risk of dying from heart disease, blood vessel disease, lung problems, cancer and stroke.

Talk to your doctor about quitting. Ask about classes and support groups in your area. Get support and encouragement and learn how to deal with stress. Talk with your doctor about medicines and other aids to help you quit.

Before you try to stop smoking, commit to stopping. Smoking is a learned behavior that you must unlearn. It is not easy to stop, but it can be done if you are serious about quitting. Stopping will help you live a healthier and longer life.

Getting Ready to Quit

Follow these tips to get ready to quit:

- Cut down the number of cigarettes you smoke each day.
 - ▶ Smoke only half a cigarette each time.
 - ▶ Smoke only during the even hours of the day.
- Clean out ashtrays and start putting them away one by one. Clean the drapes, the car, your office, or anything else that smells of tobacco smoke.
- Get a friend or spouse to quit with you.
- Start exercising before you quit.
- Switch to a brand of cigarettes you do not like as much.
- Throw away spare lighters.

如何戒烟

吸烟对健康有危险。戒烟将减少死于心脏病、血管疾病、肺病、癌症和中风的风险。

和您的医生谈一谈戒烟的事。询问您的地区有无课程和支持团体。得到支持和鼓励并学习如何应付压力。和您的医生谈一谈有无药物及其它帮助手段助您戒烟。

在您尝试停止吸烟之前，要先对戒烟有承诺。吸烟是一个学来的行为，您必须学会不吸烟。戒烟不容易，但是如果您真的想戒烟，还是可以做得到的。戒烟将有助于您生活更健康、寿命更长。

准备好戒烟

遵守以下提示以为戒烟作好准备：

- 减少每天吸烟的数量。
 - ▶ 每次只吸半枝烟。
 - ▶ 只在一天里的整数钟点吸烟。
- 清理烟灰缸，并开始一只一只地将它们拿开。清洁窗帘、汽车、您的办公室或任何有烟味的其它东西。
- 争取和一位朋友或配偶一起戒烟。
- 在戒烟之前开始锻炼。
- 换一个您不喜欢的香烟品牌。
- 丢掉多余的打火机。

- Smoke alone if you like to smoke with people.
- Become aware of why you smoke each cigarette. Avoid the things that cause you to smoke.
- Write down a list of the top 5 reasons you want to quit. Read this list daily.

Pick a date to quit and slowly reduce your smoking until your quit date. On your quit date, stop completely. If you smoke a lot at work, quit during a vacation.

The Day You Quit

- Throw away your cigarettes, lighters and ashtrays.
- Ask for help from family and friends.
- Make plans for the day and keep busy. Spend time in places where smoking is not allowed such as a library or the movies. Change your routine.
- Drink water, but not more than 2 Liters. This will help to remove chemicals from your body.
- Keep celery, sugarless gum, hard candy, straws or toothpicks handy to help meet the urge of something in your mouth.
- Try deep breathing exercises and listen to relaxation tapes.
- Get 30 minutes of exercise.
- Eat regular meals.
- Start a money jar with the money you save by not buying cigarettes.
- Reward yourself at the end of the day for not smoking.

- 如果您喜欢和别人一起吸烟，改为单独吸烟。
- 要知道吸每一枝香烟的理由。回避会引起您吸烟的事情。
- 列出您想戒烟的前5个理由的清单。每天读一下这份清单。

选一个戒烟日，并慢慢地减少吸烟，直到您的戒烟日为止。在您的戒烟日完全停止吸烟。如果您在工作中吸很多烟，请在一次假期中戒烟。

您的戒烟日

- 丢掉您的香烟、打火机并藏起剩余的烟灰缸。
- 请求家人和朋友帮助。
- 为一天作计划并保持忙碌。将时间花在不允许吸烟的地方，如图书馆或电影院。改变您的日常规律。
- 喝水，但是不超过2公升。这有助于冲洗掉您体内的尼古丁。
- 备好芹菜、无糖口香糖、硬糖果、吸管或牙签，以便应付口里有想要东西的冲动。
- 尝试深呼吸练习并听使人放松的录音带。
- 锻炼30分钟。
- 吃饭时间规律。
- 用一个钱罐存放您不买香烟而节省下来的钱。
- 在一天结束时为没有吸烟而奖励自己。

Over the next days and weeks you may be coping with withdrawal symptoms and cravings. Exercise and relaxation can help with withdrawal symptoms of anger, edginess or irritability. There will be times when you really want to smoke. Wait. The urge will pass in a few minutes. Take slow, deep breaths until you relax and have control of the craving. Take your mind off smoking by thinking about something else or focus on the things you are doing. Mark your success every day on a calendar. Reward yourself each day and week.

Setbacks

It is hard to quit smoking. Most people try several times before they succeed. If you do smoke, do not give up on yourself. Remind yourself of how many hours, days or weeks you have already gotten through. Identify what triggers your desire to smoke. Remind yourself why you quit smoking. Practice what to do when you feel the urge to smoke. Reward yourself for your willpower and courage.

Talk to your doctor or nurse if you have any questions or concerns.

接下来的数天和数星期里，您可能要对付停止吸烟的症状和渴望。运动和放松能有助于缓解停止吸烟的症状，如愤怒、焦躁或易怒。有的时候您真地很想吸烟。请等待。这种冲动几分钟之后就会过去。缓慢地深呼吸，控制吸烟的渴望。通过想其它事情或将注意力集中于您正在做的事上，从而将注意力从吸烟方面移开。每天在日历上记录您的成功。每一天和每一周都奖赏您自己。

挫折

戒烟很难。大多数人试好几次之后才成功。如果您确在吸烟，请不要对自己放弃。提醒您自己您已经过了多少个小时、多少天或多少周而没吸烟。找出引起了您吸欲望的原因。提醒自己戒烟的原因。当您感到有吸烟冲动时就练习该做的事情。奖赏您的意志和勇气。

如果您有任何疑问或关注事宜，请告知您的医生或护士。

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