

WINTER NEWSLETTER

Lassen County Tobacco and Nicotine Reduction Program



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TIPS TO QUIT SMOKING IN THE NEW YEAR

Quitting smoking can be challenging, but you can find support for your quit journey where and when you need it, to raise your chances of quitting for good. Below are some tips to help you get started on your quit journey in the new year.

1. **Make the decision to quit.** Every change starts with a decision. Make your decision to quit and that will encourage you to try the other steps listed below.

2. Understand your high risk times.

Anticipate your high-risk situations and plan for them. If you smoke with your morning coffee, plan to have your first coffee at work where you probably cannot smoke. Plan to keep busy in the beginning. Too much unstructured time is not a good thing when it comes to smoking cessation.

3. Stock up on supplies. Every smoker understands that smoking is also an oral addiction. When you quit smoking your brain will still crave the oral sensation of a cigarette. As part of your smoking cessation plan, stock up on oral substitutes like gum, raw vegetables, carrot sticks, hard candy, coffee stirrers, straws, etc.

4. Pick a quit date. A quit date is a personal commitment. It is important because it prepares your mind subconsciously. Pick a date within the next month. It doesn't have to be a special day.

5. Let people know. Quitting is easier with support. Choose people who you think will be helpful. Tell them your plan and how they can help. Also tell them how they cannot help.

6. The First 2 Weeks. The first two weeks are critical for your success. If you can get through the first two weeks, your chances of success is much higher. Therefore it is important to give yourself the best chance you can during these critical weeks. **STAY BUSY.**

QUITLINE: 1-800-QUIT-NOW

"Your life is in your hands, to make of it what you choose."



LOCAL EVENTS

Susanville Symphony Society

Christmas Concert: Dec. 20th at 7pm at the Assemblies of God Church. Tickets are available at Axia Home Loans and Margie's Book Nook. Call 530-310-8111 for more information.

Lassen Community College

Basketball: LCC Men's Basketball vs. Lane Community College. Dec. 28th at 2pm at Lassen Community College.

Smoking Cessation classes: Jan 6th, 13th, 20th and 27th @Northeastern Health Center. Call Debbie Jones for more information at 530-251-1490.

"Christmas is, of course, the time to be home - in heart as well as body." - Garry Moore

