

QUIT SMOKING TIPS

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How to quit smoking successfully

[Angie's List](#) asked our highly rated acupuncturists, hypnotists and health and fitness experts for great tips to quit smoking and ways to successfully stay quit.

Make a list of your motivations and keep it handy. If you're quitting smoking because of your family, keep their picture in your pocket. If you're afraid of cancer, carry around a photo of a cancerous lung as a reminder. If it's to save money, calculate how much you will save in a year by quitting and write down something you want to spend that money on. Set it aside and buy it for yourself next year when you've achieved your goal.

Keep substitutes handy, like gum, hard candy, carrots, celery sticks or toothpicks.

Find a mantra and repeat it to reinforce your objective. Keep it simple, like; "I am a non-smoker."

Join a group therapy program to find others going through what you are who can offer support and accountability.

Find something you enjoy and stick to it, especially when you're feeling vulnerable. If you enjoy gardening, get out and dig. If you enjoy rollerblading, get out and skate.

Use alternative stress relief techniques, such as meditation, yoga, guided imagery and breathing techniques.

Replace activities that normally induce smoking. For example, go on a walk after dinner; chew a stick of gum when you get in the car after work.

Instead of reaching for a cigarette, treat yourself to something special, like a massage, hot bath or a round of golf.

Avoid past triggers to smoking, like hanging around certain friends. Alcohol is a common gateway.

Take pride in every victory. If you're like most smokers who have tried to quite, you'll likely experience a few setbacks and bumps in the road. Don't be too hard on yourself. Each day you don't smoke is another day closer to kicking the habit for good.

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