Helping a Smoker Quit

Smokers across the country will join to quit during **The Great American Smokeout** on **November 17, 2016**. Here are some tips for helping friends and family:

**Spend time doing things together** to keep their mind off smoking. Go to the movies, talk, or take a walk.

**Celebrate along the way.** Quitting is a BIG DEAL!

**Show your faith** in the smokers ability to quit. Remind them that they can do it.

**Use encouraging words** rather than judging, preaching, teasing, or scolding. You don’t want your loved one to turn to a cigarette to soothe hurt feelings.

**Ask how you can support and help** with the plan they are using.

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