



live well, work well

Health and wellness tips for your work, home and life—brought to you by the insurance and health care specialists at Bouchard Insurance.

Smoking: Staying Smoke-Free

Part Four

Beating an addiction to nicotine takes a lot of willpower and determination. You should feel great about yourself for making it so far. Now is the time to focus on sticking with it.

Keep Your Guard Up

Your body has changed since you began to smoke. Your brain has learned to crave nicotine. Certain places, people or events can trigger a strong urge to smoke, even years after quitting. That's why you should never take a puff again, no matter how long it has been since you quit. At first, you may not be able to do things as well as when you were smoking. Don't worry; this won't last long. Your mind and body just need to get used to being without nicotine.

After you've quit, you *are* going to have an urge to smoke. For many people, the hardest place to resist the urge is at home. Urges also hit when someone else is smoking nearby. (Review the tips in part three of this series to help you fight the urge to smoke. Those tips are meant to help you stay a non-smoker.)

Stay Upbeat

As you go through the first days and weeks without smoking,

keep a positive outlook. Don't blame or punish yourself if you do have a cigarette. Don't think of smoking as "all or none." Instead, take it one day at a time. Remember that quitting is a learning process.

Reward Yourself

Now that you aren't buying cigarettes, you probably have more spending money. For example, if you used to smoke one pack per day you've saved:

After

1 day	\$5*
1 week	\$35
1 month	\$150
1 year	\$1,825
10 years	\$18,250
20 years	\$36,500

*Savings are based on an average cost of \$5.00 per pack. The cost of a pack of cigarettes may differ, depending on the brand and where you buy them.

Start a money jar. Put your cigarette money aside for each day you don't smoke. Soon you'll have enough money to

buy a reward for yourself.

Helpful Resources

- Forever Free: Guide for Smokers Who Have Recently Quit – www.smokefree.gov/pdf.html
- Talk to live support: U.S. Quit Line Consortium: 1-800-QUIT-NOW or Quitnet - www.quitnet.com
- You Can Quit Smoking Self-Help Kit – www.surgeongeneral.gov/tobacco
- Nicotine Anonymous – www.nicotine-anonymous.org
- Centers for Disease Control and Prevention – www.cdc.gov/tobacco



Did You Know...?

If you go ten years without smoking, your risk of heart disease, lung cancer and breathing diseases related to smoking returns to nearly the level of someone who has never smoked.