

# Make This Your Smoke-Free Year

## Are you thinking about quitting smoking or spit tobacco?

- Get information, skills, resources and support to help you quit (Check out the JCPH “You Can Quit, We Can Help brochure” or call 303-275-7555)
- Pick a date and make it one to remember. Here are some annual events celebrated nationwide and many around the world:
  - » November: Great American Smoke Out - 3rd Thursday in Nov.
  - » January -New Year’s Resolution- January 1st
  - » February - Through with Chew week- 3rd full week of Feb.
  - » March - Kick Butts Day - March 24, 2010
  - » May -World No Tobacco Day – May 31st
  - » May – Asthma and Allergy Awareness month
  - » July – Independence Day – July 4

## Not ready to quit, but want to be healthier and keep your loved ones healthier?

- Keep your home and auto free of tobacco smoke: smoke outside and ask others to do the same
- Increase your physical activity
- Eat more nutritious foods – whole grains, fruits and vegetables
- Practice relaxation and stress management techniques
- Get regular check ups

### Get Support from Others!

*See information on the other side to share with those who want you to quit*

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# How to Support Someone Who is Quitting Tobacco

- Let him/her know you care, no matter what they decide about quitting and ask how you can be a support
- Avoid nagging, threats and scare tactics. It usually makes the person who uses tobacco feel irritated or stressed and may increase their tobacco use
- Consider what it would be like to be a person who smokes or chews who is struggling to quit today. Many quitters don't have support from others who understand the challenge. A little empathy (and no nagging) can go a long way.
- When he/she is ready to quit, ask how you can help. Offer ideas like going on walks, helping clean the house or car before the quit date, checking in about how you're doing, etc.
- Be honest with him/her about how you feel and what you can do to help. Don't forget to do what you need to do for yourself.
- Help them avoid and/or plan for tempting times. If there's a party coming up where people will be smoking – ask: "Are there things to be done or planned that will help you stick to your commitment to remain smoke-free while at the party?"
- Help them celebrate the successes that make them feel good about the accomplishment – no matter how small they seem.



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