

# New Year's Resolution 2016

# QUIT TOBACCO

## WHY QUIT

**Save Your Money**

**Jobs:** You are less likely to be hired.

**Insurance:** You may pay 15% more in premiums & co-pays.

**Doc Visits:** You may have more medical visits than non-users.

**Extra Cash:** You can invest your saved money or spend it on the things you really want and need.

**Save Your Looks**

**Body:** Tobacco makes it harder to stay in shape.

**Dating:** More than 70% of people would rather date someone who doesn't smoke.

**Wrinkles:** Just 5 years of use makes you look noticeably older.

**Smell:** Tobacco smell can linger on clothes hours afterwards.

**Save Your Environment**

1 tree is cut down for every 300 cigarettes.

Within 4 days, 1 cigarette can kill half the fish in a liter bowl.

38% of roadway and street litter comes from cigarettes.

## MAKE YOUR PLAN

Your quit date: *January 1, 2016*

Your goal: *Quit tobacco? Cutting back toward quitting?*

Your method: *Use quit aids or not?*

Your support: *Medication? Counseling? Mobile apps? Friends?*

Your preparation: *Dealing with cravings, triggers, slip-ups?*

**YOUR RESOLUTION**

*Write and sign your resolution for 2016.*

## JANUARY

Print a calendar, and mark an **X** through each day you followed your resolution.

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
					( 1 )	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

*Try not to break the chain of X's...  
... but don't let a slip-up mean failure!*

*After you quit smoking for...*

## SEE THE DIFFERENCE

**20 minutes** Your blood pressure and heart rate recover.

**8 hours** Your blood oxygen levels return to normal.

**1 week** You can breathe easier and more deeply.

**2 weeks** Your circulation and lung function improve.

## KEEP AT IT

**Dealing with Slip-Ups**

**Be resilient:** Slip-ups do not mean you are failing. Quitting is a process.

**Be aware of your triggers:** Notice habits and situations you associate with tobacco use, and plan for other activities to distract you. Think of it as retraining yourself.

**Manage your stress:** Brainstorm other ways you can calm down, like taking a walk or watching a funny video.

**Find support:** Talk to your health care provider about different quitting methods, join local cessation programs, or ask friends and family for help.

*Every quit attempt gets you closer to quitting for good!*

For more information, visit [www.TobaccoFreeJeffco.com](http://www.TobaccoFreeJeffco.com).  
For free quit-smoking resources, visit [www.COQuitLine.org](http://www.COQuitLine.org)  
or call 1-800-QUIT-NOW.

