

HELPING SOMEONE QUIT

Someone you care about wants to become a nonsmoker. How can you help them?

If you are a nonsmoker, it may be hard for you to know how difficult it can be to quit smoking. It is important to recognize that smoking is a true addiction and not just a bad habit. The best way to help someone quit is to show understanding, patience and give encouragement.

If you are a smoker, helping someone quit may be more difficult. It is important for the new nonsmoker to be in a smoke-free environment. You should discuss and agree on smoke-free areas in the house. It would be best if you go outside to smoke if that is possible. Another way to help is to keep your cigarettes out of sight. Just seeing a pack of cigarettes could be a trigger for someone to smoke.

Withdrawal Symptoms

The new nonsmoker will probably have some symptoms of nicotine withdrawal during the quitting process. These symptoms may include cravings for a cigarette, irritability or anger, restlessness, dizziness, difficulty concentrating, difficulty sleeping, increased eating, feeling tense or anxious, and depression. Most symptoms will improve within 2 to 4 weeks but cravings to smoke may last much longer.

What can you do to help?

Offer a “listening ear” that is **DON’T TALK, JUST LISTEN.**

New nonsmokers need time to talk about how they feel.

Offer to go for a walk with the person during the quitting process.

Encourage the quitter to eat healthy foods and drink a lot of water.

Congratulate the new nonsmoker on his/her success.

And again, **BE PATIENT.** Remember, it often takes several quit attempts before people are successful.

What do you think are the most important things you can do to help someone stop smoking? If you were a smoker, write down those things that were helpful to you.
