



After You've Quit: Tips For Long-Term Success

(NAPSA)—As hard as it is to quit smoking, it can be equally challenging to stay away from cigarettes for good. Here are some tips to help you or someone you love along the road to permanent success.

Smokers may not know it, but the physical craving for cigarettes may come back from time to time. One way to deal with these cravings is to be vigilant about being in places or situations that can trigger your personal urge to smoke. Think of how far you've come and how hard it was to make the journey. Then ask yourself: Is one puff really worth the cost? Giving in to that urge for just one puff can really set you back.

Support is also critical, especially if you're under a lot of stress, or feel sad. So don't throw away the phone number to your support group. And, let your family and friends know that their continued support for your achievement is also important to you.

As the months roll by and you start to believe you're a non-smoker, continue to reward yourself for your big achievement. Rewards don't have to be large or expensive, but they should be meaningful to you. Consider marking each smoke-free month with a treat that you really enjoy. It's good to treat yourself, especially considering the money you're saving by not buying cigarettes. Here are just a few suggestions:

- Buy a special CD, magazine or book
- Get a massage or a manicure
- Go to a movie or rent one
- Buy new exercise or sporting equipment
- Call a friend or family member



CELEBRATE—Reward yourself for each smoke-free month with a treat you really enjoy.

- Buy tickets to a concert or sporting event
- Go out for dinner
- Spend time doing what you really like—a hobby, staying in bed late, playing your favorite sport.

You can also bolster your resolve by calculating how much money you're saving by not smoking. On www.quit.com, there is a savings calculator that helps you total your savings so you can see the impact your quitting has on your personal bottom line. All you need to do is plug in the cost of a pack of cigarettes and how many packs you used to smoke each day. The calculator then figures how much you saved in one year of not smoking.

If you follow these tips and remember the reasons you quit in the first place, you'll soon be able to join the millions of Americans who are proud to call themselves nonsmokers.

For more tips on long-term success, visit www.quit.com or call 1-877-U-COMMIT.