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# your health & well-being



## How can you help someone quit smoking?

Family and friends are an important source of support and motivation for someone who is trying to quit smoking. Start by asking if it's okay to help, and then ask what you can do.

Don't assume. If a person asks for your support, you can help.

- **Share your smoking history.** It is important to the person trying to quit to know whether you smoke, are an ex-smoker, or have never smoked.
- **Give the person support.** Let the person know that you're willing to talk or visit anytime he or she wants you to. When the person meets a quit-smoking goal, congratulate him or her. Treat him or her to a movie, or give a small gift.
- **Help with avoiding triggers.** You can help a smoker avoid triggers that make them want to smoke. For example, if the person always smoked during a coffee break, see if you can call him or her to talk at this time.
- **Do things together,** such as going to movies or on walks. Activity may help the person think less about smoking and decrease nicotine cravings.
- **Help someone who relapses.** If the person slips up, let him or her know that it's okay and that you still care. Give credit for whatever length of time (days, weeks, or months) that he or she didn't smoke.

**Keep a positive attitude.** Tell the person that it was right to try to quit, and urge him or her to try to quit again. Use positive language, such as "when you try again," not "if you try again."

**Source:**



**Healthwise**

