



HOW TO QUIT SMOKING



لا للتدخين من أجل صحتك و صحة الآخرين

www.ngha.med.sa/English/nosmoking/
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How to quit smoking

Smoking is the second largest cause of death in the world. Reports of the World Health Organization says that about five million people die annually due to smoking. This means that smoking will cause mortality increase in number more than caused by AIDS, tuberculosis, maternal mortality, car accidents and others. The damage of smoking emerged after many years of smoking, which makes young smokers to underestimate these dangers.

If you smoke, and want to quit smoking do the following:

I: Know why you smoke cigarettes

At each time smoking a cigarette, think why you have to light another one. Later, you will realize that its because of people, situations and feelings that makes you smoke, and this will help you too much to take serious steps to quit smoking.

II: Treat the stress in ways other than smoking

Know the times that you feel stress of life, you are in the workplace, or at home or with friends? And think in different ways to ease the pressure without smoking. Rest if you have problems with others, select a time to discuss it with them, and be prepared to do this, you will find it easy to overcome without resorting to smoking.

III: Plans for something fun and other rewards

The extra money provided by one of the incentives that are earned when you stop smoking, took advantage of this incentive to buy clothes you want, or a book or magazine, or something else you need.

IV: Ask help from friends:

Request the assistance of friends and relatives and tell them you want to quit smoking, and ask friends not to smoke cigarettes. "If you have a colleague or friend is also willing to quit smoking start together and encouraged each other.

How to counteract when you feel the desire of smoking

- Keep alternatives to running the senses of the mouth such as carrots, apples, gum and others.
- Learn to relax quickly and deeply focus your mind to be satisfied.
- Take a deep breath and holds in and then count from one to ten and remove the air from your chest slowly

Ways to help

- Prevent Smoking in your office and at home to create an atmosphere free of smoke.
- If I had to attend meetings in which people smoke, sit with non-smokers among those present.
- Observe carefully the smoking advertisement, and discover how much advertisers deceive the simple people to promote their product.



- Instead of smoking after meals served yourself with what you love from your favorite passions.

Practicing new habits

- Served at your fingertips all the loves of your favorite hobbies such as reading, writing or drawing, or any handy work.
- Swimming, running, walking, tennis, football or handball, etc.
- Learn from the experience of predecessors in the stop smoking and benefit from it
- Seek professional advice because you will have some withdrawal symptoms as a result of the lack of nicotine in the body (such as anxiety - stress - depression - lack of focus - sleep disorder, nervousness, etc.) do not worry this is temporary and the symptoms will disappear.
- Visit the private clinic on stop smoking and follow the instructions.
- Be a good example for your children and your family.
- Be an example of willpower in front of your friends and those close to you.

