**How can you stop smoking?**

It is not easy to stop smoking, but millions have managed to quit and so can you. Here are a few suggestions.

* **Prepare yourself.** Decide on a day to quit. Don’t choose a day that you know is going to be stressful, such as the day of an exam. Make a list of the benefits you will get from stopping smoking. Then throw away your last packet of cigarettes.
* **Be determined.** Every time you feel like smoking a cigarette, remind yourself that you are a non-smoker. Reread the list of benefits you wrote earlier.
* **Break the habit.** Instead of smoking a cigarette, do something else. Go for a walk, clean your teeth, drink some water, clean the house; in fact, do anything to keep your mind and especially your hands busy.
* **Relax.** If you start to feel nervous or stressed, do not reach for a cigarette. Try some deep breathing instead. Do some relaxation exercise every time you feel stressed.
* **Get help if you need it.** Arrange to stop smoking with a friend so you can talk about your problems, or join a stop-smoking group. If you feel desperate, you might like to talk to a doctor or chemist about something to help you, like nicotine chewing gum.
* **Keep trying.** Do not be disappointed if you have to try several times before you finally stop smoking. If you weaken and have a cigarette, do not feel ashamed. Just try again. You will succeed eventually.