



How can I help someone stay Smoke-Free?

Stopping smoking can be difficult. There will be challenges for new nonsmokers to overcome.

1. Are they feeling anxious or stressed?

As nonsmokers, they will have to find other ways to deal with stress. You can help by offering to take a walk, helping them to think about other things, being there to listen.

2. Are they feeling bored?

New nonsmokers may want to start some new activities to keep busy. Offering to go to a movie or take a bicycle ride can be helpful.

3. Do they have changes in mood?

You can help by offering support to your family members or friends. Do not get down on them for having a negative attitude. Give them time and continue to encourage them.

4. Do they have a lack of willpower?

You can help by being there to listen and telling them how well they are doing. Remind them of their reasons for stopping smoking. Encourage them to keep trying.

5. Are they around other smokers?

If you smoke, you can help by smoking outside or in a room that your family members or friends can avoid. Also sit in the nonsmoking section, or suggest activities in places where smoking is not allowed.

Here are some other ideas to help a smoker who is trying to quit or has quit smoking:

- ✓ Ask them how they feel from time to time.
- ✓ Avoid doing any thing that will tempt them to smoke again.
- ✓ Always encourage them, even if they slip up.
- ✓ Understand their changes in mood by not getting upset with them; be patient.
- ✓ Surprise them with something that they really like if they get through a tough day.
- ✓ Do not nag; remember quitting smoking is a process.

The best thing you can do when someone close to you stops smoking is to **provide support** and **encouragement**. Have them talk to their doctor about quitting or to encourage other support systems like calling a quit line.

**For further support call the Tennessee Tobacco QuitLine at
1-800-QUIT-NOW (1-800-784-8669) It's FREE!**