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Health and wellness tips for your work, home, and life—brought to you by the insurance and healthcare specialists at Henderson Brothers.

# Smoking: Staying Smoke-Free

## Part Four

Beating an addiction to nicotine takes a lot of will power and determination. You should feel great about yourself for making it so far. Now is the time to focus on sticking with it.

### Keep Your Guard Up

Your body has changed since you began to smoke. Your brain has learned to crave nicotine. So certain places, people, or events can trigger a strong urge to smoke, even years after quitting. That's why you should never take a puff again, no matter how long it has been since you quit. At first, you may not be able to do things as well as when you were smoking. Don't worry; this won't last long. Your mind and body just need to get used to being without nicotine.

After you've quit, you are going to have an urge to smoke. For many people, the hardest place to resist the urge is at home. Many urges hit when someone else is smoking nearby. Review the tips in part three of this series to help you fight the urge to smoke. These tips are meant to help you stay a non-smoker.

### Stay Upbeat

As you go through the first days and weeks without smoking,

keep a positive outlook. Don't blame or punish yourself if you do have a cigarette. Don't think of smoking as "all or none." Instead, take it one day at a time. Remember that quitting is a learning process.

### Reward Yourself

Now that you aren't buying cigarettes, you probably have more spending money. For example, if you used to smoke one pack per day you've saved:

After

1 day	\$5
1 week	\$35
1 month	\$150
1 year	\$1,820
10 years	\$18,200
20 years	\$36,400

Note: Prices are based on average of \$5.00 per pack. The cost of a pack of cigarettes may differ, depending on where you buy them.

Start a money jar. Put your cigarette money aside for each day you don't smoke. Soon

you'll have enough money to buy a reward for yourself.

### Helpful Resources

- [www. DeterminedToQuit.com](http://www.DeterminedToQuit.com)
- PA Quitline -1-877-724-1090 or Quitnet - [www.quitnet.com](http://www.quitnet.com)
- You Can Quit Smoking Self-Help Kit – [www.surgeongeneral.gov/tobacco](http://www.surgeongeneral.gov/tobacco)
- Centers for Disease Control and Prevention – [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)
- American Lung Association Freedom From Smoking Program – [www.ffsonline.org](http://www.ffsonline.org)
- In Butler; The Community Health Challenge – 724-283-9955 for upcoming cessation classes and resources. [www.communityhealthchallenge.org](http://www.communityhealthchallenge.org)



## Did you know...?

If you go ten years without smoking, your risk of heart disease, lung cancer, and breathing diseases related to smoking returns to nearly the level of someone who has never smoked.