



华语戒烟专线

ASIAN SMOKERS' QUITLINE

1-800-838-8917

戒烟的 十项 要诀

戒烟专线的顾问们提供使戒烟更成功的十项要诀。

- 1. 肯定戒烟的原因**
是为了改善呼吸吗？与家人一起相聚多些时间？想省钱？任何促使你戒烟的原因把它写下来。一个有力的原因会使你开始行动，更会使你在有烟瘾时坚持不抽烟。
- 2. 制订计划**
先想想烟瘾的诱因。是压力吗？跟吸烟的人在一起？喝酒或别的缘故？找一些事情在手上忙把烟瘾的注意力转移，坚持不抽。例如：喝水，洗碗或与不吸烟的人交谈。
- 3. 致电戒烟专线 (1-800-838-8917)**
打过电话来的戒烟人士，戒烟成功率是双倍。受过专业训练的顾问会帮助你做一个适合你个人的戒烟计划，并在戒烟过程中给你支持。这服务不单是免费而且有效。
- 4. 寻求支持**
根据研究显示，旁人的支持有助成功戒烟，与可信任的人讨论你正在计划戒烟，让他们知道可以怎样帮忙你。
- 5. 选用戒烟药**
尼古丁补充剂疗法及其他经食物及药物管制局 (FDA) 认可的药物都有帮助。这些药物有助于减轻及缓和戒烟症状及增加你戒烟的成功率。你的医疗保险或政府的医疗辅助计划 (白卡) 有可能帮助你支付戒烟药物。与你的医生商量哪一种戒烟药最适合你。
- 6. 把你的住所及汽车变成禁烟区**
这样会使你尽量不抽烟，让你的家人朋友享受到清新的空气，与你一起共度更长久，更快乐时光。
- 7. 定一天做你戒烟日**
选一天你会开始戒的日子以表示你是认真的。
- 8. 戒烟日定要戒**
那还用说吗？戒烟日不尝试去戒就失去了它的意义了。有计划很好，去实践更好。
- 9. 想像你是个非吸烟者**
戒烟后的选择—你到底想当个暂时不吸烟的人，还是个完全不吸烟的人呢？完全不吸烟的人在任何情况下都不吸。就选择做个真正不吸烟的人吧。
- 10. 不断地尝试**
很多人需要戒烟好几次才可以戒断。偶尔吸几口并不等於破戒，即使真的破戒，也只会让你更进一步接近你的目标。

只要不断地尝试, 你定会成功的!



TOP 10 TIPS TO QUIT SMOKING

Counselors from
the Asian Smokers' Quitline
provide their top 10 tips to
quit for good.

Mandarin and Cantonese
1-800-838-8917

Vietnamese
1-800-778-8440

Korean
1-800-556-5564

www.AsianSmokersQuitline.org

- 1. FIND A REASON TO QUIT**
Do you want to breathe easier? Be around longer for your family? Save money? Whatever gets you fired up, write it down. A strong reason can get you started. And it will help you stay quit when you're tempted to smoke.
- 2. MAKE A PLAN**
Think about what triggers you to smoke. Is it stress? Being around smokers? Alcohol? Or something else? Plan to get through those times without smoking. Keep your hands busy and your mind off cigarettes. Examples: drink water, wash the dishes, talk to a nonsmoker.
- 3. CALL 1-800-QUIT-NOW**
People who call the Quitline are twice as likely to quit for good. A trained advisor will help you make a personal plan and offer support along the way. It's free, and it works!
- 4. GET SUPPORT**
Research shows that support while quitting can really help. Talk with your family and friends about your plan to quit. Let them know what they can do to help you.
- 5. USE A QUITTING AID**
Quitting aids, like nicotine patches and gum, and other FDA-approved medications are helpful. They can cut withdrawal symptoms and increase your chance of quitting for good. Your health plan or Medicaid benefits may cover these products. Talk with your doctor about which quitting aids are right for you.
- 6. MAKE YOUR HOME & CAR SMOKE-FREE**
Having smoke-free areas can help you stop smoking. And your friends and family will enjoy cleaner air and a longer, happier life - with you still in it!
- 7. SET A QUIT DATE**
Choose a date when you will quit. This shows you're serious. And you're more likely to give it a try.
- 8. QUIT ON YOUR QUIT DATE**
Sounds obvious, right? But what good is a quit date unless you actually try to stop smoking? Planning is good - doing is even better.
- 9. PICTURE BEING A NONSMOKER**
After you quit, you have a choice to make. Are you a smoker who's just not smoking for now? Or are you a nonsmoker? For nonsmokers, smoking is not an option in any situation. Choose to see yourself as a nonsmoker.
- 10. KEEP TRYING**
Most people try several times before they quit for good. Slips don't have to turn into relapses - but if they do, remember each time brings you closer to your goal.

If you keep trying, you will succeed!