



## How to Encourage a Loved One to Stop Smoking

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- **Respect the smoker's feelings.** Don't nag or preach to your loved one, and don't offer advice if you aren't asked. The decision to quit smoking is a difficult one, and your friend or family member needs your support, not a scolding.
- **Offer lots of encouragement.** Quitting smoking is very difficult, and your loved one needs your support. Tell your friend or family member that you are proud of them for quitting and ask what you can do to help.
- **Be understanding.** Your loved one is probably having nicotine cravings, feelings of frustration and nervousness. Most cravings only last for a few minutes. They may act very cranky, especially in the first few weeks. Remember that they won't be grumpy forever. To be prepared for the cravings help them to think of ways to distract them until the craving passes.
- **Offer a "quit kit."** Many smokers find it helpful to chew on gum, eat a snack, or work on a hobby when they crave a cigarette. A kit with healthy snacks, mints, knitting needles, or fun word games can help distract your loved one when a craving hits.
- **Find a new routine.** Help your loved one break away from routines that remind them of smoking. Suggest a walk after dinner when they usually smoke, encourage them to try drawing or doodle on a notepad when talking on the phone, or help them find a new route to work.
- **Never smoke around your loved one.**

### Sources:

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