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How to:

Quit smoking

Maybe you've been told that people who smoke look cool. But mngani, what's cool about living an unhealthy lifestyle? Smoking increases your chances of getting TB, or dying from cancer, stroke or heart disease. So if you've decided to quit, well done! Quitting smoking is a great choice to make, not just for your health, but for the people around you too.

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Here are a few tips that can help you to stop smoking:

- **Always keep active:** By keeping active you keep your mind busy, and this will help you forget about smoking or the craving. You can try activities like taking walks, chewing sugar-free gum, drinking a lot of water and playing sports.
- **Ask for help:** Support groups can be helpful when you are trying to stop smoking because quitting could be stressful at times. Call the National Council Against Smoking QUIT Line on 011 720 3145 and ask for a support group near you.
- **Take it easy:** It's important to take breaks and avoid stressful situations. You can do this by chilling with friends, focusing on your hobbies, listening to music… your options are endless!
- **Avoid triggers:** Stay away from things that make you want to smoke. These could be:
    - Places that allow smoking
    - Spending time with smokers
    - Drinking alcohol – which is also bad for you!

Speak to a doctor, social worker or nurse if you think you need more help quitting.

Congratulations on taking this big step!
For more information on addiction and substance abuse, check out our article https://bwisehealth.com/article/what-is-substance-abuse