

# Tips for Helping Your Friend Quit Smoking



## REMEMBER

- ◆ This may be one of the **hardest** thing your friend does
- ◆ Remember that their cigarettes or pipes, have been with them through **good times and bad**, births and deaths and for some it is like a friend
- ◆ Although the smoke and its smell may be annoying and bad for you it is important to remember that the addiction to smoking is as strong as the addiction to heroin. That means that it is **extremely tough** to give up for most people. Their physical withdrawal can last from 48 hours to four weeks.
- ◆ Remember as your friends, colleagues, clients try to cut back or quit smoking, to be **patient and supportive**, no matter how grumpy they are.
- ◆ Remember to look at the person as a whole and not in a bad light as “A SMOKER”. Treat them with **respect and compassion**.

## SUPPORT

- ◆ **Ask** what they need from you
- ◆ **Listen** and be supportive
- ◆ A person who is quitting smoking will **crave** nicotine, feel hungry and be restless
  - Suggest that they eat healthy and have small meals throughout the day
  - Drink lots of fluids, going easy on caffeine and alcohol
  - Avoid places that remind them of smoking if at all possible
  - Change some of your routine with them so that they don't think of the time and that it is time to have a cigarette
- ◆ Even if they start to smoke again, remind them that most people who quit smoking forever usually try several times before they are successful. Quitting takes **practice**.
- ◆ **Celebrate** each goal that they reach and each **success!**