

It's Quittin' Time!



If you quit smoking or using tobacco, you are likely to add years to your life, breathe more easily and have more energy.

But quitting smoking—or the use of any tobacco product—can be tough. Nicotine withdrawal symptoms can include irritability, restlessness, intense tobacco cravings, depression and weight gain. Some people are able to quit “cold turkey,” but most need help.

If you want to quit smoking or are in the process of quitting, call your employee assistance program (EAP) for support in making this change. An EAP counselor can help you:

- set a quit date
- overcome obstacles to quitting
- to change your routines to avoid tobacco temptation
- learn ways to make quitting easier
- handle nicotine cravings
- gain information about tobacco cessation aids
- devise a plan to stay tobacco-free
- stick with your plan