

# TIP OF THE WEEK



## Helping a Smoker Quit

*Smokers across the country will join to quit during The Great American Smokeout on November 19, 2015. Here are some tips for helping friends and family:*

Spend time doing things together to keep their mind off smoking. Go to the movies, talk, or take a walk.

Celebrate along the way. Quitting is a **BIG DEAL!**

Show your faith in the smokers ability to quit. Remind them that they can do it.

Use encouraging words rather than judging, preaching, teasing, or scolding. You don't want your loved one to turn to a cigarette to soothe hurt feelings.

Ask how you can support and help with the plan they are using.

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