

TIPS FOR NEW NONSMOKERS

Remaining a permanent nonsmoker

- Keep coming to a Cooper Clayton Method to Stop Smoking class in your area for continued support.
- For the first six months as a nonsmoker, avoid places where people are smoking.
- Reduce alcohol intake for the next 12 weeks.
- Make a pact with a smoking spouse or roommate for a smoke-free zone in the home.
- Exercise and eat healthily – don't let weight gain be your excuse to return to smoking.
- Develop new healthy coping skills to handle stress and emotions without nicotine.
- Prepare to handle life's unexpected stressful events without smoking.
- Enjoy life's pleasures as a nonsmoker.
- List three ways to reward yourself for becoming a nonsmoker:

1. _____
2. _____
3. _____

- Remember these two absolute truths:
 1. An individual makes the transition from smoker to nonsmoker only when convinced that not smoking is more desirable than continuing to smoke.
 2. An individual remains a nonsmoker when life as a nonsmoker continues to provide benefits that were unattainable as a smoker.