



華語戒煙專線

ASIAN SMOKERS' QUITLINE

1-800-838-8917

戒煙的 十項 要訣

戒煙專線的顧問們提供使戒煙更成功的十項要訣。

- 1. 肯定戒煙的原因**
是爲了改善呼吸嗎？與家人一起相聚多些時間？想省錢？任何促使你戒煙的原因把它寫下來。一個有力的原因會使你開始行動，更會使你在有煙癮時堅持不抽煙。
- 2. 制訂計劃**
先想想煙癮的誘因。是壓力嗎？跟吸煙的人在一起？喝酒或別的緣故？找一些事情在手上忙把煙癮的注意力轉移，堅持不抽。例如：喝水，洗碗或與不吸煙的人交談。
- 3. 致電戒煙專線 (1-800-838-8917)**
打過電話來的戒煙人士，戒煙成功率是雙倍。受過專業訓練的顧問會幫助你做一個適合你個人的戒煙計劃，並在戒煙過程中給你支持。這服務不單是免費而且有效。
- 4. 尋求支持**
根據研究顯示，旁人的支持有助成功戒煙，與可信任的人討論你正在計劃戒煙，讓他們知道可以怎麼樣幫忙你。
- 5. 選用戒煙藥**
尼古丁補充劑療法及其他經食物及藥物管理局 (FDA) 認可的藥物都有幫助。這些藥物有助於減輕及緩和戒煙癮狀及增加你戒煙的成功率。你的醫療保險或政府的醫療輔助計劃 (白卡) 有可能幫助你支付戒煙藥物。與你的醫生商量哪一種戒煙藥最適合你。
- 6. 把你的住所及汽車變成禁煙區**
這樣會使你盡量不抽煙，讓你的家人朋友享受到清新的空氣，與你一起共度更長久，更快樂時光。
- 7. 定一天做你戒煙日**
選一天你會開始戒的日子以表示你是認真的。
- 8. 戒煙日定要戒**
那還用說嗎？戒煙日不嘗試去戒就失去了它的意義了。有計劃很好，去實踐更好。
- 9. 想像你是個非吸煙者**
戒煙後的選擇—你到底想當個暫時不吸煙的人，還是個完全不吸煙的人呢？完全不吸煙的人在任何情況下都不吸。就選擇做個真正不吸煙的人吧。
- 10. 不斷地嘗試**
很多人需要戒煙好幾次才可以戒斷。偶爾吸幾口並不等於破戒，即使真的破戒，也只會讓你更進一步接近你的目標。

只要不斷地嘗試，你定會成功的！



TOP 10 TIPS TO QUIT SMOKING

Counselors from
the Asian Smokers' Quitline
provide their top 10 tips to
quit for good.

Mandarin and Cantonese
1-800-838-8917

Vietnamese
1-800-778-8440

Korean
1-800-556-5564

www.AsianSmokersQuitline.org

- 1. FIND A REASON TO QUIT**
Do you want to breathe easier? Be around longer for your family? Save money? Whatever gets you fired up, write it down. A strong reason can get you started. And it will help you stay quit when you're tempted to smoke.
- 2. MAKE A PLAN**
Think about what triggers you to smoke. Is it stress? Being around smokers? Alcohol? Or something else? Plan to get through those times without smoking. Keep your hands busy and your mind off cigarettes. Examples: drink water, wash the dishes, talk to a nonsmoker.
- 3. CALL 1-800-QUIT-NOW**
People who call the Quitline are twice as likely to quit for good. A trained advisor will help you make a personal plan and offer support along the way. It's free, and it works!
- 4. GET SUPPORT**
Research shows that support while quitting can really help. Talk with your family and friends about your plan to quit. Let them know what they can do to help you.
- 5. USE A QUITTING AID**
Quitting aids, like nicotine patches and gum, and other FDA-approved medications are helpful. They can cut withdrawal symptoms and increase your chance of quitting for good. Your health plan or Medicaid benefits may cover these products. Talk with your doctor about which quitting aids are right for you.
- 6. MAKE YOUR HOME & CAR SMOKE-FREE**
Having smoke-free areas can help you stop smoking. And your friends and family will enjoy cleaner air and a longer, happier life - with you still in it!
- 7. SET A QUIT DATE**
Choose a date when you will quit. This shows you're serious. And you're more likely to give it a try.
- 8. QUIT ON YOUR QUIT DATE**
Sounds obvious, right? But what good is a quit date unless you actually try to stop smoking? Planning is good - doing is even better.
- 9. PICTURE BEING A NONSMOKER**
After you quit, you have a choice to make. Are you a smoker who's just not smoking for now? Or are you a nonsmoker? For nonsmokers, smoking is not an option in any situation. Choose to see yourself as a nonsmoker.
- 10. KEEP TRYING**
Most people try several times before they quit for good. Slips don't have to turn into relapses - but if they do, remember each time brings you closer to your goal.

If you keep trying, you will succeed!