

Smoking Cessation

Want To Stop Smoking?

Whether you have already quit or are still considering cutting back, quitting smoking is one of the most important lifestyle choices you will ever make. If you think you might be ready, there is help to make the process of quitting easier for you.

Some Reasons People Give For Quitting Are:

- I'm sick of feeling like this drug controls my life
- The money I spend on cigarettes could be better spent elsewhere.
- I want to feel better, have more energy, and be healthier
- Everything I own smells like smoke and I'm sick of it.
- I want to set a good example for my children and other loved ones.
- I think being smoke free is environmentally responsible.

Common Thoughts That Get In The Way Of Quitting Are:

- I *am* a smoker. It's just who I am.
- I need to keep smoking to keep weight off.
- I won't be able to handle the cravings and withdrawal.
- Smoking helps me manage my stress better.
- Quitting will be too hard for me.

If you are struggling with thoughts that are making quitting harder, there is help...

Next Steps:

- Schedule an appointment with your medical doctor.
- Tell someone you trust that you are taking steps to quit.
- Research on-line for support groups and communities.
- If you are ready to, set a quit date.
- Call ACI Specialty Benefits for a free Smoking Cessation Consultation.

Options For Support Include:

- Effective Medications
- Behavior Counseling
- Smoking Cessation Coaching
- Hypnotherapy
- Support Groups
- On-Line Support Communities



Contact ACI Specialty Benefits to make an appointment for a Free Consultation on Smoking Cessation: **800.932.0034**

