

# NOVEMBER WELLNESS: SMOKING CESSATION



Smoking cessation offers reduced chances of cancer, many health benefits and increased overall wellbeing. Those who smoke may want to stop often know the *benefits* of quitting; however, the *strategies* for quitting may not be as easily known.

This short video from the American Cancer Society offers 3 steps to assist in quitting. Whether you would like to quit smoking cigarettes, are trying to stop the use of smokeless tobacco, or would like to support a loved one who is trying to quit - this short video can assist you.

To watch the video, click here:  
[Smoking Cessation - 3 steps to quitting](#)

The 3 steps discussed are:

**1) Make the decision to quit.**

- Pick a specific date to quit.
- Share this date with others.

**2) Make a plan to manage your day.**

- Think of what your day will look like without smoking.
- Plan other activities to fill your day.
- See if you would like to incorporate healthy activities, such as: exercise, deep breathing, going out for a walk or meditation.

**3) Talk to your doctor or pharmacist.**

- Have a discussion with your doctor to get support and review strategies to quit.
- You may also want to discuss having a screening test which can detect early stages of lung cancer, when it can be treated more easily.

For additional information and support, call:  
or visit: [Information from the American Cancer Society](#)