

# NYC Quits!

## Helping a Smoker Quit

When a smoker is trying to quit, the support of family and friends can make a difference. Here are some tips for providing support and encouragement.

### When talking with someone about quitting:

- Tell him you think it's great that he's trying to quit.
- Do not doubt her ability to quit. Even if past quit attempts have been unsuccessful, let her know you are behind her.
- Remind her of the benefits of quitting, such as better health and [money saved](#).
- Be a good listener. He might need someone to talk to if he's feeling stressed or anxious.

### What to expect:

- [Common withdrawal symptoms](#) include irritability, difficulty concentrating and headaches. Many people also feel stressed or on edge while trying to quit. This will go away in time.
- Routines might change. Quitters often have to remove themselves from situations where they normally smoke, such as with a morning cup of coffee.
- Slip-ups are common and do not signify failure. With each quit attempt, smokers learn what helps and what doesn't help while trying to quit – and this information may contribute to the success of their next quit attempt.

### Tips for providing support to someone who is quitting:

- Create a supportive home environment.
- Keep healthy snacks, such as fresh fruits and vegetables, on hand. Walk over to one of [NYC's farmer's markets](#) to stock up.
- Remove lighters and ashtrays from the house.
- Make your home 100% smoke-free. This means that no one is permitted to smoke in any part of your home.
- Be understanding. Withdrawal symptoms might affect their mood. You can probably expect some grumpiness in the first few weeks.



### If a slip-up occurs:

- Acknowledge the slip-up and continue to provide support.
- Do not tease or scold.
- Highlight whatever success he has achieved. Even if he quit for just a day or two, tell him that this is an accomplishment.
- Ask if there is anything you can do to help the next time she tries to quit.



- Celebrate achievements, such as being smoke-free for a week or a month.
- Ask what you can do to help. Do not assume that you know.