

# How to quit quickly and effectively?

If you really want to quit but aren't sure what you need to do, here are some tips to help you do it more easily. Invite you to consult!

We are all living with intense ambitions and beliefs in the future, this is also the time to look back at the goals that we have set ourselves for last year but have not done yet. One of the most common goals set out annually is smoking. Anyone who smokes will tell you that quitting is simple - they do it thousands of times and can do it again whenever they want. If you really want to quit but aren't sure what you need to do, here are some tips to help you do it more easily. Invite you to consult!

## 1. Accept that both physical and mental are controlled by tobacco



Nicotine is a chemically addictive drug, affecting the receptors within the brain. Smoking is a habit that involves regular smoking and then re-smoking, buying a large amount of cigarettes and accompanying pressure on yourself. To quit smoking, you need specific strategies to satisfy both factors, admitting that you are addicted to smoking - that is the most important mental step and the second step is to relieve cravings. physically.

## 2. Don't leave your hands free



Smoking helps you feel comfortable. You are used to smoking when you are bored, after a meal or after a difficult project, and then you imagine giving yourself a cigarette like eating candy. Instead of rewarding yourself with a cigarette, you can replace them with other things like eating candy. Eating a small Snickers is not the best thing for you but it's good ( *and cheaper* ) than a cigarette. If not, you can also eat lollipops instead.

### **3. Don't think about smoking**



When you feel craving for drugs, you should not sit still because you will feel restless and your cravings will increase, driving you crazy. Go outside for a walk, play a game on the phone or do anything for 10 to 15 minutes to forget about smoking.

### **4. Tell everyone**



It is important to tell people that you are quitting. Many people often ignore this because they don't want anyone to know they cheat in the process of quitting, but in fact they are the only ones who deceive themselves. By frankly and openly talking about this problem with friends and relatives, you will have a solid rear base to not make mistakes. However, do not expect that they will help you everything - you will have to work on your own and it is also unfair to put pressure on the people you love, right?

## **5. Seek help from qualified people**



Regardless of whether or not you quit successfully, your family and friends still support this rather than your daily smoking habit. Sometimes the support of family and friends is not enough to help you quit smoking, but fortunately there are a range of options to help you quit smoking. There is a support counselor line and insurers will provide the contact numbers of professionals to help you at any time. There are also thousands of websites that teach how to quit smoking effectively.

## **6. Recognize and reward your achievements**



People will get tired when you sometimes say: " *I have been smoking for two weeks* " or " *This week I only have one cigarette* ". If you do not know how to reach your new goal, you will gradually feel depressed, but it is not so that you stop celebrating with the small victories that you achieve yourself. If you give up a pack of cigarettes every day, you have saved a decent amount of money in a week. Use that money to reward yourself and always thank yourself for being able to do it well.

## **7. Try replacing smoking with another method**



Currently, tobacco substitutes are available everywhere in the world. Stickers and rubbers provide the necessary amount of nicotine without smoking. Besides, e-cigarettes are also a great alternative because they simulate smoking while eliminating harmful additives and carcinogens. However, you should still be careful before using e-cigarettes because it is a new product and there are many hidden underlying factors that have not been discovered.

The above steps are just a normal guide. All you can do instead of reading is to act now. Every time you try to explain why you want to quit smoking, control yourself and remember that you are responsible for your own body. Do not compromise with yourself, but instead be determined to accomplish the goal you set out to be a

happier and healthier person.

While the effects of smoking increase, you can still reverse those effects by stopping smoking today.

Refer to some more articles:

1. 25 cheap foods rich in nutrients and vitamins you need to know
2. 4 effects of alcohol on the brain that many people do not know
3. 16 great benefits from lemon you may not know yet

Having fun!

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