



Help a Friend Quit Smoking

Is this your moment to quit smoking?

When you're ready LiveLifeWell has a program to help you. You'll receive:

- One-on-one coaching over the phone
- Education on how to overcome cravings
- Prescription support
- Online help and support from ex-smokers

Do you have a friend, co-worker or family member who smokes? Show them how much you care by supporting their decision to quit smoking. It's not an easy habit to break, and many smokers try to quit a few times before it sticks for good. Whatever the outcome, lending a helping hand or a listening ear won't go unnoticed.

Here are some ways you can support your friend or loved one while they quit smoking:

1. Ask what you can do to support them.

Everyone copes with situations differently, and your idea of support may not be what is needed at any given time. Be mindful of the ways they would most appreciate your help.

2. Positively reinforce their reasons for quitting.

They may feel miserable at times and forget that they wanted to quit to live longer, have better lung capacity, fresher breath or to save money! You could give a helpful reminder like, "It's hard now, but think how much you'll enjoy playing with your grandkids someday."

3. Check-in frequently, but don't nag or scold their behaviors.

Be available to grab a cup of coffee, go for a walk or any other activity that doesn't involve smoking. Checking in with your friend doesn't mean you have to talk about smoking, either!

4. Encourage good eating habits.

As a person gives up cigarettes, they may gravitate toward unhealthy snacks to fill the void. This could make them feel that they need to smoke in order to keep off extra weight. Encouraging lower calorie snacks and chewing gum can help make the transition easier.

5. Keep a good attitude even if they don't.

Quitting can leave your friend in a bitter mood at times, and they may not always treat you with appreciation and respect. Understand that it's part of the process, and supporting them means sticking around even when the going gets tough.

6. Be mindful of withdrawal symptoms.

Common smoking withdrawal symptoms include trouble sleeping, inability to focus, and feelings of stress or anxiety. Being aware of these symptoms and gauging your response to them can help your friend feel they are not alone in this process.