



Smokers will benefit from finding a smoking-cessation program that feels right.

Quitting has the financial benefit of stressing less about the money that you are currently spending on cigarettes. More important is the peace of mind you get when your lungs and cardiovascular system start to heal. Make your New Year's commitment by setting a quit date within the first 2 weeks of January and share it with your family, friends and co-workers. Let them know that you would appreciate their support and encouragement. If you work with other smokers, ask them not to offer you cigarettes and not to smoke around you. Make sure that you plan for obstacles in the first 3 months and imagine yourself breathing in fresh air in the spring. Think of what type of support you need and other ways you may manage triggers. Make plans for weak moments and withdrawals during these winter months. Do yourself a favor by going through your home, car and work area to clean out cigarette and tobacco products now.

Reach out to your EAP to find additional support with this year's resolution.