

Helping Someone Stay Smoke-Free

Stopping smoking can be difficult. There will be challenges for new non-smokers to overcome. Listed below are suggestions on how you can help.

Feeling anxious or stressed

There is a good chance that your family members or friends smoked to help them relax. As nonsmokers, they will have to find other ways to deal with stress. You can help by offering to take a walk or being there to listen.

Feeling bored

New nonsmokers may want to start some new activities to keep busy. Offering to go to a movie or take a bicycle ride can be helpful.

Changes in mood

Most people who stop smoking feel nervous and irritable. Some people may also feel depressed after quitting. These reactions are normal and only temporary. You can help by offering support to your family members or friends.

Lack of willpower

There may be a time when your family members or friends tell you that they can't do it anymore. "It's just too hard." You can help by being there to listen and telling them how well they are doing. Remind them of their reasons for stopping smoking. Encourage them to keep trying.

Being around other people who are smoking

It's hard for new nonsmokers to be around others who are smoking. If you smoke, you can help by smoking outside or in a room that your family members or friends can avoid. Also sit in the nonsmoking section, or suggest activities in places where smoking is not allowed.

The best thing you can do when someone close to you stops smoking is to provide support and encouragement. You can also help by suggesting that your family members or friends talk to their doctor about the support resources available in the area.