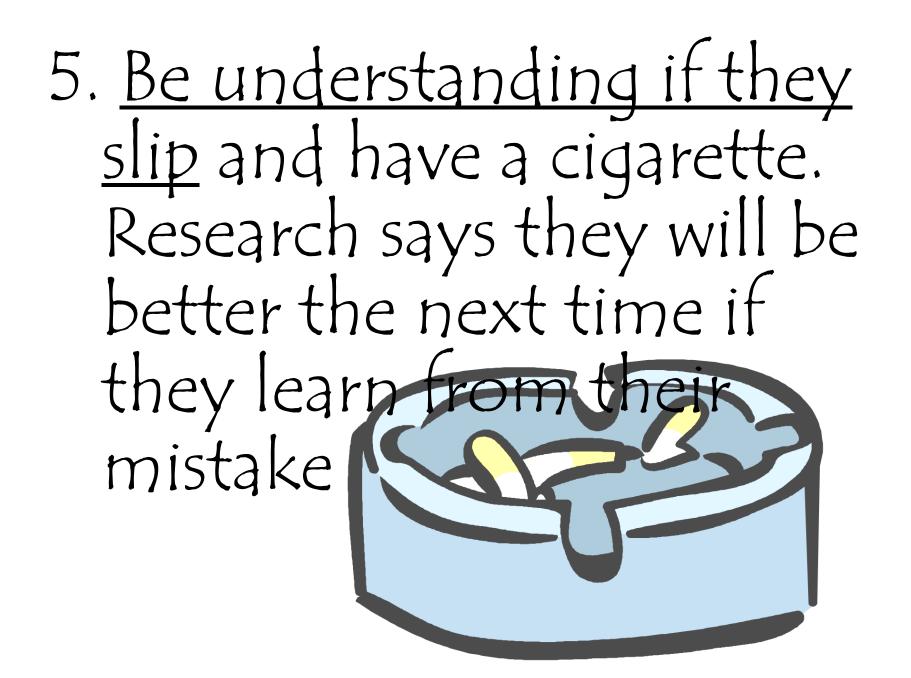
#### 1. Don't preach or naqthe only way they are going to quit smoking is if THEY want to.

### 2. Don't take outbursts personally. The stress of quitting can be overwhelming.

## 3. Don't tempt them. If you can, hand out in smoke-free environments.

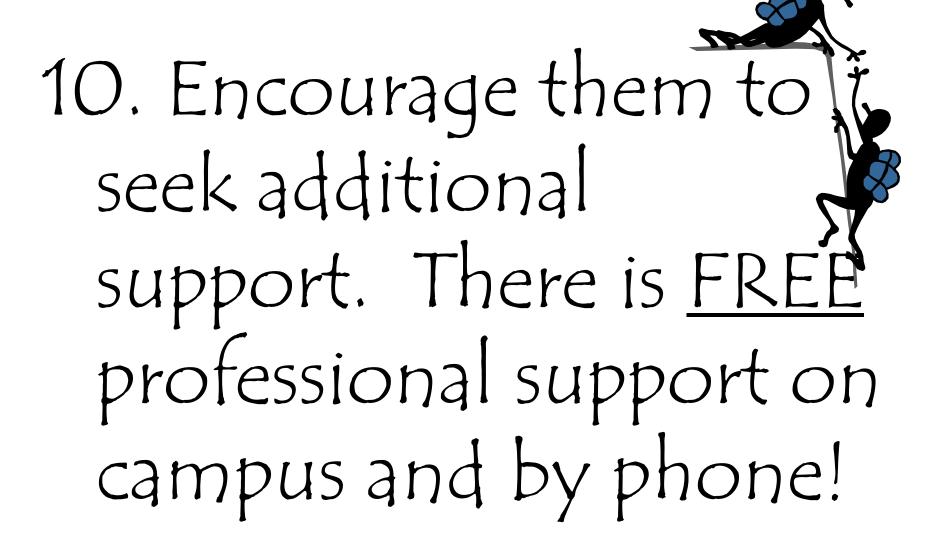
4. Don't ignore them if they are stressed. Show them smokefree ways to deal with stress.



6. Don't tell them you know how it feels to quit if you've never smoked. Nicotine addiction is different from other addictions. 7. Don't downplay the stress. Quitting is hard! Encourage them to seek additional support if they feel overwhelmed.

8. Don't forget to celebrate the milestones. They've worked hard and deserve recognition!

9. Don't point out weight gain. They are healthier smoke-free with extra pounds! Encourage them to exercise or do non-food related activities with you.



#### RESOURCES TO QUIT SMOKING

- Health Education office (2nd floor Health Center)
  - FREE 1-on-1 cessation counseling
  - 4 sessions over 2 weeks are typical
  - 765-285-3775 to schedule an appointment
- 1-800-QUIT-NOW
  - Toll free telephone cessation counseling for Indiana residents
  - May qualify for FREE tobacco replacement therapy

#### NOTE TO BULLETIN BOARD USERS

- The Health Education office offers FREE brochures and handouts about this topic and others. Adding a "brochure pouch" to your bulletin board is easy, and a great way to give people a chance to take something away from your board.
- Stop by the Health Education office (2<sup>nd</sup> floor of the Student Health Center) or contact Julie Sturek jasturek@bsu.edu for more information