

# SMOKING AND WELLNESS

Boston University Student Health Services

## Smoking is the leading cause of Preventable Death in the US

- Feeling stressed? Studies now show that smokers have significantly higher than normal levels of stress.
- Since the smoking bans in 2004 there has been a 30% decrease in heart attacks in MA.
- Male smokers lose an average of 13.2 years of life, and Female smokers lose 14.5 years of life due to smoking.



What is the true cost of smoking?

- Ex-Smokers enjoy a better quality of life, fewer illnesses from cold and flu viruses, better self reported health, and reduced rates of bronchitis & pneumonia.
- Smokers pay more for insurance, lose value on homes and cars, and pay more for teeth and dry cleaning!
- Many smokers can smoke up to a pack a day, and with the current cost of a pack (\$7), this habit can cost up to \$2555.00 a year!

## Cigarette BUTTS are the #1 littering problem in the US

**CRAVE JOURNAL:** record when and why you smoke every time for a few weeks. You will learn what your triggers are (people, places and situations that make you reach for a cigarette). It's easier to quit when you know how to avoid or change what makes you smoke.

**MANAGE THE CRAVINGS:** try to overcome your cravings with some simple tasks. Try a change of scenery, take a shower, do the dishes, do some breathing or relaxation exercises, or call a friend.

**IF YOU SLIP:** don't worry, it's not a lost cause! Get back on track right away. Look at what happened and adjust your coping skills to try to prevent the same things from happening again.

Or try some new techniques that you have not tried yet, like over the counter quit kits.

### How to be a QUITTER:

*"Quitting smoking is easy. I've done it a thousand times." -Mark Twain*

- Make a crave journal to learn about your triggers and patterns to prepare to fight them.
- Pick the day that you will stop smoking-your own quit date.
- Tell the people around you your quit goal to enlist some support- you don't have to do it alone.
- Blog about it! Talk with your peers who are doing it ,too, at [QuitNet.com](http://QuitNet.com) or [TryToStop.org](http://TryToStop.org).