



WORLD NO TOBACCO DAY

TIPS TO HELP YOU QUIT SMOKING TODAY

Each year, the World Health Organization (WHO) commemorates World No Tobacco Day on 31 May. Their goal is to spread awareness about the risks of tobacco use and how we can make the world tobacco free.

Initially, the purpose of World No Tobacco Day was to discourage people from using tobacco or nicotine products for 24 hours.

The observance became an annual event to create awareness on the exploitation of the tobacco industry and the harmful effects of smoking on one's health.



To help you, here are a few good reasons why you should start working on quitting smoking. If you do not smoke but have a loved one who does, you can encourage them with these pointers from the Centers for Disease Control and Prevention (CDC):

- Regardless of how old you are, giving up smoking is one of the most important actions you can take to enhance your quality of life
- It reduces the risk of premature death and can add as much as 10 years to your life expectancy
- It reduces the risk of many adverse health effects, including poor reproductive health outcomes, cardiovascular diseases, chronic obstructive pulmonary disease (COPD) and cancer.
- It benefits the health of pregnant women, their fetuses and babies
- You save money, healthcare systems save money and society saves money



Quitting smoking is also the best way to protect your family, friends and colleagues from the risks associated with breathing in second-hand smoke. Here are 5 ideas to help you start your quitting journey:

1. Identify your triggers and avoid them. For example, if a cup of coffee in the morning triggers a craving, avoid the coffee and find something else to keep you busy.
2. Delay. If you feel a craving starting, wait 10 minutes before giving in. Many times, you will likely get busy doing something else and the craving goes away.
3. Keep your mouth busy by chewing on sugar-free gum or hard candy to get your mind off the craving.
4. Get physical. If you are really struggling with a craving, go for a walk and listen to some music. Perhaps you have a friend that is a non-smoker. Pay them a visit. It is best to avoid other smokers as far as possible until you feel you have the cravings under control.
5. Remind yourself of the benefits. Take some time to Google the effects of smoking online and read through the benefits of quitting smoking from various sources.



It is not easy to stop smoking. It is an addiction and a habit that becomes part of your life. Take it one step at a time and do not be too hard on yourself if you have a setback. Soon you will start feeling much healthier and happier with yourself!