

# 戒烟小贴士

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- 1** 与逐渐减少吸烟量相比，一下子完全戒烟是最简单也是最为有效的戒烟方法。
- 2** 不要随身携带香烟。
- 3** 在某一天某一时刻开始戒烟。不要想着明年、下个月、下周甚至明天再开始戒烟。从早上醒来一直到晚上入睡，集中全部注意力来停止吸烟。
- 4** 努力告诫自己：戒烟对你是一件十分有好处的事情。你戒烟是因为你更关心自己的健康。
- 5** 以你不再吸烟而自豪。
- 6** 认识到以下情形会引发你对香烟的迫切需要：
  - 喝咖啡
  - 喝酒
  - 与吸烟的朋友一起参加的社会活动
  - 打牌
  - 饭后
- 7** 努力保持你的正常生活工作状态。如果遇到一件很棘手的事情或工作，暂时将其放下，以后再回头解决它。任何时候都不要放弃什么，一个吸烟者能够做的所有事情，一个非吸烟者也许能做的更好。
- 8** 将你要戒烟的理由罗列在一张纸上，并将这张纸装在你过去携带香烟的地方。当你发现你想要去伸手拿烟的时候，将这张纸拿出来并阅读一下。
- 9** 在戒烟的最初三天饮用大量的果汁。果汁有助于将你体内的尼古丁和有害物质冲刷出去。
- 10** 为避免体重增加，请吃蔬菜水果而不是糖果蜜饯。芹菜和胡萝卜可以用作香烟的替代品。
- 11** 如果你担心体重增加，请做一些有规律的体育锻炼。
- 12** 如果戒烟过程中你生活上有困难，吸烟绝非解决办法。如果你向烟草中的强力毒品尼古丁妥协，那事情只会变得更糟。
- 13** 无论你已经戒烟多久，你都不可以安全地复吸。
- 14** 永远不要想你有多么想吸一支香烟，相反，你应该问问自己如果你重新回到你以前的吸烟状态，你会什么感觉。
- 15** 将你平时花在购买香烟上的钱节省下来。一周或一个月后用这些钱买一些你真正需要的东西。
- 16** 当你十分想要吸烟的时候，尝试着做一些深呼吸。
- 17** 告诉你周围的人你已经戒烟了。
- 18** 戒烟之后你只有两个复吸的理由：
  - 你想回到以前的吸烟状态直到它给你带来伤残以至死亡。
  - 你很享受戒烟的过程，你想要反反复复的戒烟。

如果你不喜欢以上这些理由，那你永远不要复吸。

# QUIT SMOKING TIPS

- 1** Instead of trying to slowly cut back on smoking, quit all at once. This is the easiest and most effective.
  - 2** Do not carry cigarettes.
  - 3** Quit smoking one day at a time. Do not think about the next year, next month, next week or even tomorrow. Concentrate on not smoking from the time you wake up in the morning until you go to sleep at night.
  - 4** Work on developing the attitude that you are doing yourself a big favor by not smoking. You are quitting because you care about yourself.
  - 5** Be proud that you are not smoking.
  - 6** Realize that many routine situations can trigger the urge for a cigarette:
    - drinking coffee
    - drinking alcohol
    - social events with smoking friends
    - card games
    - the end of a meal
  - 7** Try to maintain your normal routine. If a situation or event seems too tough, leave it and go back to it later. Do not feel you must give up any activity forever. Everything you did as a smoker you will learn to do at least as well, and maybe better, as a non-smoker.
  - 8** Make a list of all the reasons you want to quit smoking. Keep this list where you used to carry your cigarettes. When you find yourself reaching for a cigarette, take your list out and read it.
  - 9** Drink plenty of fruit juice the first three days. It will help flush nicotine and poisons out of your body.
  - 10** To help avoid gaining weight, eat vegetables and fruit instead of candies. Celery and carrots can be used as substitutes for cigarettes.
  - 11** If you are concerned about gaining weight, do some regular exercise.
  - 12** If you have problems in your life while you are quitting, smoking is no solution. Giving in to your addiction to nicotine, the powerful drug in cigarettes, will make things worse.
  - 13** No matter how long you have been off smoking, you cannot safely take another puff.
  - 14** Do not think about how much you want one cigarette. Instead, ask yourself how you would feel about going back to smoking as much as you used to.
  - 15** Save the money you usually spend on cigarettes. After a week or a month buy yourself something you really want.
  - 16** Practice deep breathing exercises when you have a craving for a cigarette.
  - 17** Tell people around you that you have quit smoking.
  - 18** There are only two good reasons to take a puff once you quit smoking:
    - You want to go back to your old level of smoking until it cripples and then kills you.
    - You enjoy quitting and want to make it last forever.
- If you do not like these options, never take another puff.