



## The Freedom From Quitting Smoking

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Being a smoker isn't easy. When you smoke, you're not free to just live your life. You always have to be sure you have enough cigarettes. You need matches or a lighter. Where can you find an ashtray? Can you even smoke where you are or do you need to go outside to light up? It's a lot of work. And your only reward may be to put yourself at risk for major diseases.

Quitting smoking is a lot of work, too. But the rewards are definitely worth the effort. You help to improve your health. You may make it easier to breathe and do your daily activities. You may lengthen your life and free yourself from all the extra trouble smoking creates.

Whether you're thinking about quitting, in the process, or have already achieved nonsmoking status, thoughts about smoking may enter your mind. At times, you may feel that you miss your former smoking habit. But every time a thought like that passes through your mind, just remember:

### The freedom from quitting smoking

Focus on all you may gain by giving up smoking. By doing so, you can turn a lot of negatives into positives.

- You may enjoy a newfound freedom from:
  - Having to arm yourself with cigarettes, matches, or a lighter
  - Leaving the group to go out for a smoke
  - Having to step out of a dinner or a movie to go for a smoke
  - Spending your money on cigarettes
  - Coughing and shortness of breath<sup>1</sup>

To make the most of your newfound freedom, you may want to find healthy and fun ways to spend your time. The new, nonsmoking you may want to:

- Replace a cigarette with a walk after dinner
- Enroll in a dance class or join a gym
- Spend time in your favorite museum or bookstore
- Invite friends over for a game night
- Learn a new skill or begin a hobby

# BEAT THE PACK™



If you have already quit, give yourself a big pat on the back and enjoy all the freedom it brings to you. Now, you will feel healthier. It will be easier to do your daily activities.<sup>1</sup> You'll be setting a good example for your family. You'll have the money you spent on cigarettes for other things. And you'll be free to feel good about yourself. You've done it—you've freed yourself of a nasty and destructive habit. Enjoy!

**Reference:**

1. American Cancer Society. Guide to quitting smoking:  
[http://www.cancer.org/docroot/ped/content/ped\\_10\\_13x\\_guide\\_for\\_quitting\\_smoking.asp](http://www.cancer.org/docroot/ped/content/ped_10_13x_guide_for_quitting_smoking.asp).  
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