

12 Tips To Get Support As You Quit

Surround Yourself with People You Trust

Could be friends, significant others, parents, co-workers, or other family members.

Whoever they are, spend more time with them.

Focus on People who Can Help

Spend time with people who make you feel good about yourself and want you to succeed.

Invest In Your Relationships

Invest time and effort in important relationships.

People are more willing to provide support when they know you are there for them.

Ask For Help

Not sure how to ask? Send a text or email to get the conversation started. E.g. "I want to quit smoking. Can you help me?"

Be Specific About Your Wants

Be specific about what support you want (and do not want).

Be nice about it.

Say Thank You

Do not let acts of kindness go unnoticed.

Tell your friends you appreciate them.

Avoid Stressful Situations

Identify your stressors and come up with ways to deal with them.

Grow Your Social Circle

Connect with other people who share your interests.

Be Approachable

How you present yourself to others is a big part of branching out and strengthening friendships.

For instance, make eye contact when talking with others, smile, give compliments, be confident, have a positive attitude.

Be Hands On

Do not wait around for others to come to you.

Reach out to people you care about.

Listen

Resist the urge to interrupt others with your own comments and stories.

Let them talk.

Support Others

Support is a two-way street.

If you want others to be there for you, you have to be there for them too.

Adapted from www.smokefree.gov



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