



Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at Clarke & Company Benefits, LLC

Workplaces nationwide are going smoke-free to provide clean indoor air and protect employees from the life-threatening effects of second-hand smoke.

Smoking: Quitting

Today is the day you start your smoke-free life! Remind your family and friends that it's your quit date so they can support you.

Use Your Support Program

If you decided to use a support program, use it to its full extent. Go to the sessions. Call the telephone quit line.

Steer Clear of Temptation

Use the following tips to help reduce your urge to smoke:

- If you always smoke while driving, try listening to a new radio station. Take a different route or even different transportation for a while, such as the train or bus, if possible.
- Stay away from things that you connect with smoking, such as watching your favorite TV show, sitting in your favorite chair or having a drink before dinner.
- Spend as much free time as you can where smoking is not allowed, such as malls, libraries, museums, theaters, stores or church.

Manage Your Cravings

The urge to smoke will come and go. Try to wait it out. Consider starting some new habits to help control your urges.

- Keep other things in your mouth instead of cigarettes. Try carrots, pickles, sunflower seeds, apples, raisins or sugar-free gum.
- Try a change of scenery, such as going outside or to a different room.
- Keep your hands busy with crossword puzzles, needlework, painting, wood-working, gardening or household chores.

Remember the Rewards

The following benefits can be achieved after saying goodbye to smoking:

- Your body begins to heal 20 minutes after your last cigarette: Poison gas and nicotine start to leave your body. Your pulse rate and the oxygen level in your blood return to normal.
- Within a few days you may notice your senses such as taste and smell are improving. Your breathing is easier and your smoker's cough will lessen.
- You are adding full, healthy days to your life.
- You are greatly reducing your risk of death from lung cancer and other diseases including heart disease, stroke, chronic bronchitis, emphysema and at least 13 other kinds of cancer.
- You are no longer poisoning those around you with secondhand smoke.

If You Slip Up

Don't be discouraged if you slip up. One cigarette is better than an entire pack. But that doesn't mean you can safely smoke every now and then. Here are some tips for dealing with a slip-up:

- Understand that you've had a small setback and this doesn't mean you are a smoker again.
- Feel good about how long you went without smoking. Learn how to cope better next time.
- Learn from your experiences and continue to use whatever works the best to keep you from smoking.
- If you are using medication to help you quit, don't stop after only one or two cigarettes. Keep using it; it will keep helping you.
- See your doctor or health professional to keep you motivated to stay smoke-free.



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