SMOKING

1sm - Smokers Beware!
Please dispose of your cigarettes properly and don’t pitch them out the window of your car, and especially do not flick them off your patios and balconies. Not only does our staff have to pick all of them up, but this practice is a fire hazard. Remember that there is dry mulch and foliage surrounding your apartment and throughout the community.

2sm - Great American Smokeout
The American Cancer Society organized the first Great American Smokeout in 1977. The purpose was to encourage smokers to quit for one day to prove that they could do it. Each year, more Americans try to quit smoking on the day of the Great American Smokeout than any other day of the year—including New Year’s Day. The Great American Smokeout takes place each year on the third Thursday of November. This year it will be on __________. Millions of Americans will stub out their cigarettes on that day. For more information about the Great American Smokeout or for tips on how to quit smoking, please contact the American Cancer Society at 800-ACS-2345. Here’s to a healthier, happier you!

3sm - Smoking? Find Out Why You Do
Knowing why you smoke may help you break free of the habit. If you’re thinking about quitting, you may be more successful armed with some knowledge.

Write down the reasons you smoke…to relax or reduce tension…for stimulation or a boost to “keep you going”…for the ritual of smoking or the need to do something with your hands…to ease your craving for nicotine.

Now write down the reasons you want to quit smoking. There’s plenty of convincing evidence concerning your health. Or maybe your habit has become more of a drag than it’s worth.

Ask yourself: Will I get more out of stopping than continuing? What do I get out of smoking now compared to the past? Am I enjoying it less? Am I ready to make changes in my everyday life? Be honest. Study the reasons that make you smoke so you can attack your habit with a better understanding of what you’re fighting.

How should you stop? Studies show that more than 90% of successful quitters do so on their own. Your way will be as individual as you are, based on your habit. Just say, “I want to quit.”