

# Mind-Body

HEALTH SERVICES



Quit  
Smoking

# Stop Smoking Start Living



HSHS  
St. John's  
Hospital

Quitting smoking is not about just breaking a “bad habit.” It is about changing your life so cigarettes are no longer a part of it. Our four-week program “Stop Smoking ... Start Living” is designed to empower you to enjoy a smoke-free life.

#### **Week 1: Preparing for a Smoke-Free Life**

You will identify reasons for quitting, barriers to becoming smoke-free, a support network and strategies to avoid triggers and deal with cravings.

#### **Week 2: Continuing to Prepare for a Smoke-Free Life**

You will review the steps you have taken to prepare for your quit date, identify any problem areas, choose a quit date and begin working on a 24-hour action plan to get through your quit date.

#### **Week 3: Begin a Smoke-Free Life**

You will finalize your 24-hour action plan to get through your quit date and make a commitment to quit smoking cigarettes and start living smoke free.

#### **Week 4: Celebrate Successes and Overcome Obstacles**

You will report your successes, identify challenges/barriers you experienced and create a plan for meeting and overcoming the obstacles.

#### **Weeks 5 & 6: Living Smoke-Free**

You will give and receive support as you continue to identify supports for smoke-free living and create strategies to remove barriers.

**Suggested donation:** \$60 for six-week program.

Wednesdays  
March 13 - April 17, 2019  
6 - 7:30 p.m.  
Conference Room Q  
Lobby Level  
HSHS St. John's  
Children's Hospital  
419 N. Ninth Street  
Springfield, IL

For more information, email  
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