



Mission In Motion

Health & Wellness Weekly Bulletin

October 2012—Healthy Lungs



October 8, 2012: Week 2

Strive to be a quitter!

Focus on how to quit smoking and stay smoke-free with these tips:

- Pick a good time to stop smoking. Try not to quit when you're under a lot of stress or around a holiday.
- Be aware that smokers have different experiences when they quit. You may feel sleepy or very excited, lightheaded, nervous or irritable. Or you might crave tobacco or sweets or have headaches.
- Find support from others. Have someone there to help get you through the symptoms of withdrawal and give a needed boost. Look for smoking cessation support groups in your community. Support groups are a great way to meet other people who have the same goal.
- Be sure to add physical activity to your day. Walking is a great way to reduce the stress of quitting.
- Get plenty of sleep, eat healthy foods and drink lots of water.



Source: American Lung Association

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SMOKE-FREE
FOR GOOD