

Mission In Motion

Health & Wellness
Tip of the Week
Week 36



September 2, 2013

Did you know that 10 years after quitting smoking your risk of death from lung cancer is half that of a continuing smoker? Quitting has many other health advantages too, for you and for those around you. Try these strategies to break the habit:

- Target a stop date and record your reasons for stopping.
- Solicit support and encouragement from friends, family, your physician and stop-smoking resources and programs.
- Practice stress-reducers to curb the urge to smoke.
- Get medication, if necessary, and use it correctly.
- Prepare for relapse, and keep trying by focusing on your goals and reasons for quitting.

Source: The National Women's Health Information Center; American Academy of Family Physicians

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