

Your Guide To Overcoming Smoking Addiction.



Collins Aigbogun, PharmD, MPH, PhD.

SoaringHealth.com

□ Step 1

Understand Smoking Addiction

- Learn about the science behind smoking addiction: why it's so hard to quit and what keeps you hooked.
- Discover the physical, mental, and emotional effects of smoking on your health and well-being.
- Recognize the triggers and cravings that fuel your smoking habit and how to manage them effectively..



□ Step 2

Build Healthy Habits

- Replacing old habits with new, healthier ones: strategies for finding alternative ways to cope with stress, boredom, and other triggers.
- Embracing a healthier lifestyle: tips for incorporating exercise, nutrition, and self-care into your daily routine to support your quit journey.
- Cultivating a positive mindset: harnessing the power of optimism, self-compassion, and resilience to stay motivated and inspired.



Step 3

Join Smoking Cessation Support Group

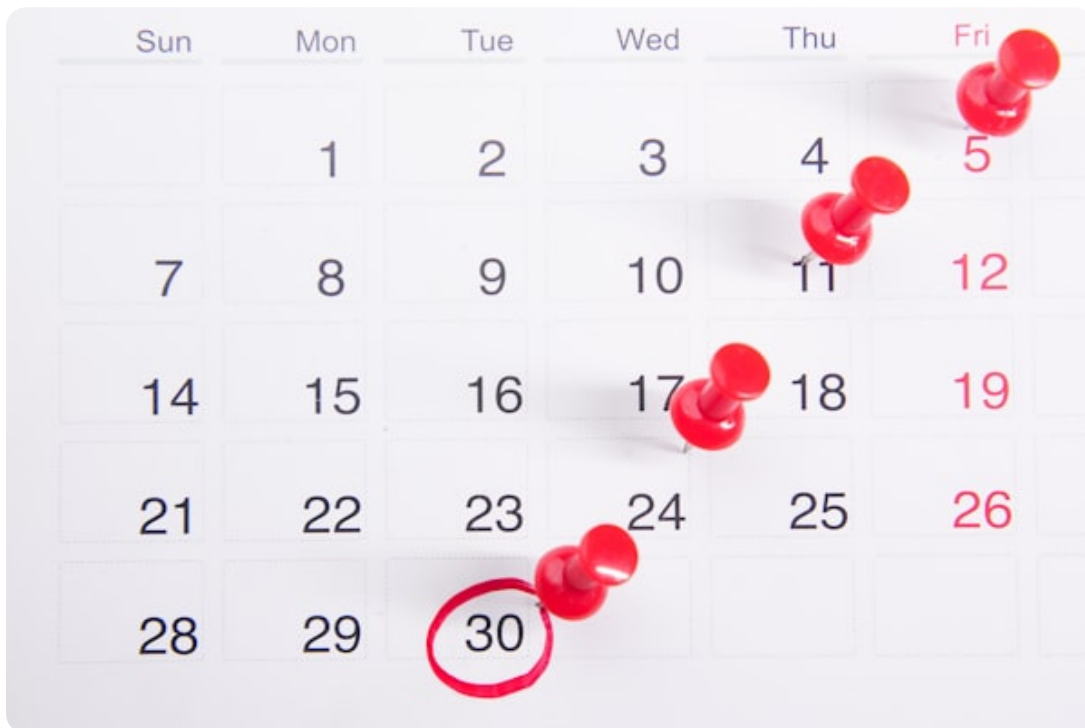
Our environment and the people we interact with often shape our behavior. This singular tool can help you attain your goal to stop smoking tobacco.



□ Step 4

Set Your Quit Date

- Committing to change: why setting a quit date is the crucial first step towards freedom.
- Strategies for choosing the right time to quit and preparing yourself mentally and emotionally for the journey ahead.
- Building a support network: enlisting friends, family, or support groups to cheer you on and hold you accountable.



□ Step 5

Create Your Quit Plan

- Designing a personalized quit plan tailored to your unique needs and preferences.
- Exploring different quitting methods and tools, from nicotine replacement therapy to counseling and beyond.
- Setting realistic goals and milestones to track your progress and celebrate your successes along the way.



□ Step 6

Manage Withdrawal Symptoms

- Understanding what to expect during the withdrawal process and how to cope with common symptoms like cravings, irritability, and anxiety.
- Practical tips and techniques for managing withdrawal, from deep breathing exercises to distraction strategies and beyond.
- Reminding yourself of the reasons why you're quitting and staying focused on your ultimate goal of a smoke-free life.



□ Step 7

Staying Smoke-Free for Life

- Celebrating your achievements and reflecting on how far you've come since quitting smoking.
- Strategies for staying vigilant and avoiding relapse triggers, even after you've successfully quit.
- Embracing your newfound freedom: rediscovering the joys of life without cigarettes and embracing a smoke-free future with confidence and pride.





Collins Aigbogun, PharmD, MPH, PhD.
SoaringHealth.com

Quitting
smoking is one
of the best
decisions you
can make for
your health,
your happiness,
and your
future.

Click the button below to begin your journey to your
better health.

CLICK HERE OR TEXT: "616.279.7256"

Attract*

Created with Growth Tools in Partnership with Leadpages