

# Fill Your Brain With The Facts



I can quit  
anytime I  
want.

It would be a lot easier if you don't wait. 95% of smokers began before their 18th birthday and none of them had the intention of smoking for the rest of their lives.

What about smoking a couple of cigarettes a day? That won't hurt.

**I need to smoke when I'm upset.**

Do you actually think a cigarette will take away your problems? Everyone gets upset sometimes but the way people deal with problems is key. Cigarettes are an easy thing to grab to distract yourself, but you can learn other ways of coping that can become as easy.

Duh...ever heard of addiction? Your brain will become bored with just a couple of cigarettes and eventually demand more and more. A single cigarette leads to more, until you're hooked.

**How about if I switch to lights?**

Don't kid yourself. When you switch to lights, you just inhale deeper or smoke more to get your nicotine level up to what your body is used to. If you're concerned about your nicotine and tar intake, why not just quit completely?

**I'm Young. Why should I worry about health problems?**

Even people who have smoked for only a short time have smoking-related health problems like coughs, bronchitis, shortness of breath, and frequent colds. So, you can suffer with these symptoms now AND worry about lung cancer and emphysema in the future...WHAT FUN!

**Smoking relaxes me. How do I handle that?**

Usually, the times you smoke are the times YOU allow yourself to relax. The nicotine in your cigarette is actually a stimulant that speeds up your heart rate and breathing-not physically relaxing at all.

**Most people smoke, why shouldn't I?**

**Wrong! Fact is, only approximately 20% of Minnesotans are smokers. Most people have chosen to quit or not to start at all.**

**I heard people gain 20 lbs. or more when they quit smoking. How can I keep that from happening to me?**

**It is true that people may gain some weight when they quit, although the average is closer to 5 lbs. Some people even lose weight because of their new healthier lifestyles. If you want to avoid gaining any weight, exercise, stick to good healthy foods, and try not to replace your cigarettes with donuts and french fries.**

**But I've tried to quit so many times and failed.**

**There's this crack in the sidewalk by my house and everyday when I'm walking home I trip over it. Everytime I trip over it, I tell myself, "I'm gonna watch for it next time so I don't trip and look like an idiot." Of course, every time I always end up tripping (and looking like an idiot). One day, I really thought about it on the way home and actually didn't fall for it. Everyday after that it got easier until I didn't even have to think about it.**

**Nobody can quit - it's impossible!**

**It's quite possible! Thousands of people have quit. You probably can think of at least one person who has done it, so you know it's possible, and you probably know someone who has had trouble quitting. Don't let someone else's failure be a cop-out for yourself. You CAN quit if you want.**

**Everyone I live with smokes, so won't that make it impossible for me to quit?**

**Difficult, yes, impossible, no. Make a household contract so no one smokes in the house, or smokers at least stick to one room (just not in front of you). Make a contract with yourself not to smoke the cigarettes you find around the house - it would help if others didn't leave them around too (ask them!). Don't let anyone smoke in your room - you need a place to go if the house contract isn't working.**

**Since I'm only hurting myself, what does it matter?**

- 1. Why hurt yourself?**
- 2. It's not just yourself you're hurting. Everyone else around you breathes your smoke.**

**What if I lose my friends when I quit?**

**Do you really want friends who would drop you because you're making a positive change in your life? It would be their loss. Make new friends who like you for who you are and not just because you smoke.**

The Facts adapted from Butts Out, Issue 1, California Smoker's Helpline, and brought to you by:

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