Smoking Cessation Tools

- Smoking Cessation Tools can be accessed at any time by clicking on the Smoking Cessation Tools button on the home screen of the app.
Cessation Tool Options

- There are many smoking cessation tool options available.
- Options can be seen in the screenshot on the left.
Concerns about Quitting

- Quitting smoking can be a daunting task for many, so you may have some concerns.
- Select “Concerns About Quitting” to see concerns that you may share with other smokers undergoing quit attempts.
Concerns about Quitting

Click on any of the options and then select continue to learn some strategies you can use to overcome challenges you may face.
Examples of Concerns and Strategies to Overcome Challenges

You're concerned that you'll feel tired without a cigarette. Once you quit smoking, you will feel more energetic. And the more physical exercise you get, the more energetic you will feel, and the better you will feel overall, both physically and emotionally.

You mentioned that smoking cigarettes gives you a lift when you're feeling down. That's because nicotine is a drug, just like alcohol, cocaine or heroin: they give you an initial lift but you always come down. Once the drug wears off, you need more. But without drugs in your body, such as nicotine, your mood tends to stabilize and you don't experience the frequent ups and downs of drug use.

You think you won't have the willpower to quit smoking. Keep in mind that trying and failing is better than not trying at all, so give yourself a pat on the shoulder just for that. Now, here's more good news:

- quitting smoking is like anything else you do: it’s not just willpower; planning can help. We’ll go over some strategies that can help in a little while, and help you prepare for your quit attempt
- even if you end up failing on this quit attempt, you’ll gain valuable insights from it, and will be more likely to quit successfully next time
- more than 3 million Americans stop smoking every year. If they can do it, you can do it!