

# THE WELL

November 2021



## Preparing to quit smoking

Quitting works best when you have a plan. Just thinking about quitting smoking or vaping may make you anxious, but your chances of success are better if you prepare.

### Set a date

Pick a date within the next two weeks to quit. That gives you enough time to get ready, but not so long that you will lose your motivation to quit. Think about choosing a special day, such as your birthday or the Great American Smokeout Day (November 19, 2021). If you smoke at work, quit on the weekend or during a day off.

### Anticipate and plan for challenges

Expecting challenges is an important part of preparing to quit. The first few months will be difficult, as you may be more tempted to smoke when you are stressed or upset. It can be challenging to prepare for these moments before they occur, but it can help if you are familiar with what triggers your urge to smoke and plan how you will resist these urges. Remember that you will experience withdrawal symptoms as a result of giving up nicotine. This is normal and will pass with time.

### Share your plan

Quitting is easier with the support of others, such as family, friends and co-workers. Tell them how they can help you so they can keep you accountable.

*For example:*

- If someone close to you smokes, ask them to quit with you or at least not smoke around you.
- Seek support from others. Try talking with others one on-one or in a group setting. The more support you get, the better.
- Try a smoking cessation program or support group to help you quit.

### Discuss your plan with your health care provider

Quitting cold turkey isn't your only choice. Talk to your health care provider about other options and other sources of support. Nicotine replacement therapy (NRT) may help your withdrawal symptoms. Nicotine gum, patches, inhalers, sprays and lozenges are all types of NRT that replace the nicotine you are no longer getting from cigarettes. Some will require prescriptions, while others are available over the counter.

For more information on how  
to start your smoke-free journey, visit:  
[smokefree.gov/quit-smoking](https://smokefree.gov/quit-smoking)





## Reward yourself

Now that you are not buying cigarettes, you probably have more spending money. For example, if you used to smoke one pack per day you save the following amount over time:

After 1 day	\$5*
After 1 week	\$35
After 1 month	\$150
After 1 year	\$1,825
After 10 years	\$18,250
After 20 years	\$36,500

\*Savings are based on an average cost of \$5 per pack. The cost of a pack of cigarettes may differ, depending on the brand and where you buy them.



Start a money jar. Put your cigarette money aside for each day you do not smoke. Soon you will have enough money to buy a reward for yourself.

Call to talk to a quit smoking coach at 1-800-QUIT-NOW or visit: [cdc.gov/tobacco/campaign/tips](https://cdc.gov/tobacco/campaign/tips)



## Sweet Potato Casserole



Tasty and sweet Thanksgiving side dish

Makes: 10 servings

### Ingredients:

- 4 sweet potatoes (about 1lb)
- 3 egg whites
- ½ cup sugar
- 1 can evaporated milk, nonfat (12 ounces)
- 1 tablespoon vanilla extract
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon ginger

### Directions:

1. Rinse sweet potatoes in cold running water and pierce with a fork.
2. Microwave sweet potatoes on full power until tender, about 15 minutes. Turn them halfway during baking.
3. Preheat oven to 400 degrees. Remove skin from sweet potatoes and mash with hand beaters or food processor. Add the rest of the ingredients and mix until smooth.
4. Pour mixture in an 8 by 8" baking dish. Bake until casserole is firm in the center, about 40 minutes.
5. Remove pan from oven. Allow to stand for 5 minutes then cut into 10 squares.
6. Serve hot and refrigerate leftovers.

### NUTRITION INFORMATION

Serving Size: 1/10

**Calories** 123

Total fat 0 g

Saturated fat 0 g

Cholesterol 2 mg

Sodium 89 mg

Total Carbohydrate 25 g