

Celebrate the American Cancer Society’s **Great American Smokeout** on November 17. Join other New Yorkers in stopping smoking for just one day, as a first step towards quitting for good.

New York City government is here to support your efforts to quit smoking. **City government employees can enroll in the Employee Smoking Cessation Program (ESCAPE) and receive personalized, confidential counseling and smoking cessation medications for free.** Learn more [**here**](https://www1.nyc.gov/site/doh/health/health-topics/smoking-escape-employee-smoking-cessation-assistance-program.page). Call 212-676-2393 to enroll.

**Quit Smoking: Small Daily Steps Add Up**

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|  | **WAKING UP:*** Don’t linger in bed - cravings can start as soon as you wake up. Instead, get up and shower right away.
* If you need to stay in bed, keep straws, flavored toothpicks, or [**nicotine gum and nicotine lozenge**](https://www.nysmokefree.com/Subpage.aspx?P=20&P1=20310) to help curb cravings.
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|  | **EATING:*** Enjoy a good book during your breakfast. After breakfast, brush your teeth right away and enjoy the fresh taste.
* If morning coffee is a [**trigger**](https://www1.nyc.gov/assets/doh/downloads/pdf/smoke/triggers.pdf), try tea instead.
* Since smoking after eating is common, try eating meals slowly.
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|  | **WORKING:** * Feeling stressed at work? On breaks, walk around the block or [**climb stairs**](https://www1.nyc.gov/assets/doh/downloads/pdf/smoke/exercise.pdf).
* If you can't get away, try breathing slowly and deeply. Keep sugar-free mints or cough drops at your desk and/or fruit and veggies in the fridge as alternatives to cigarettes.
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|  | **RELAXING IN THE EVENING:** * After dinner, avoid boredom (a common trigger) by calling a friend, or enjoying a [**hobby**](https://www1.nyc.gov/assets/doh/downloads/pdf/smoke/hobby.pdf), like knitting or painting.
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|  | **GOING TO BED:** * Having trouble sleeping? Relax your mind and body by taking a bath, doing some stretches, [**listening to soothing music**](https://www1.nyc.gov/assets/doh/downloads/pdf/smoke/list-music.pdf) or drinking herbal tea.
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**We encourage you to try out these small daily steps to help you quit smoking. Contact the Employee Smoking Cessation Program (ESCAPE) at 212-676-2393 for additional support.**

