

# Quitting tobacco

Yes You can quit!

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## Is it time to address your tobacco habit?

You already know that tobacco is bad for you, and you may have tried to quit several times before.

If you think of quitting tobacco as a single step, it can seem overwhelming. But quitting is usually a gradual process that occurs over time.

Quitting successfully depends on developing new skills and habits, using the lessons you've learned from past attempts.

Changing old habits is not easy and requires patience. It involves changing some behaviors. The following tips can help.

## Tips that can help

### Your Health Online: shortcuts to better health

[kp.org/quitsmoking](http://kp.org/quitsmoking) quitting smoking is one of the best things you can do for your health.

[kp.org/breathe](http://kp.org/breathe) get free digital coaching from this HealthMedia program. It assesses where you are and what you need, then provides tailored tips, tools, and email messages to help you quit using tobacco.

[kp.org/classes](http://kp.org/classes) find programs, services, and products.

[kp.org/health](http://kp.org/health) health encyclopedia.

[kp.org/healthdecisions](http://kp.org/healthdecisions) learn about health care decision options.

[kp.org/healthyliving](http://kp.org/healthyliving) tools to help you live well.

[kp.org/audio](http://kp.org/audio) listen to or download free guided imagery podcasts.

[kp.org/myhealthmanager](http://kp.org/myhealthmanager) email with your doctor about content in S

[twitter.com/QuitandStayQuit](https://twitter.com/QuitandStayQuit)  
follow for motivation and tips to support your quit journey.

