



**How can you help a loved one
quit smoking?**



Break the ice

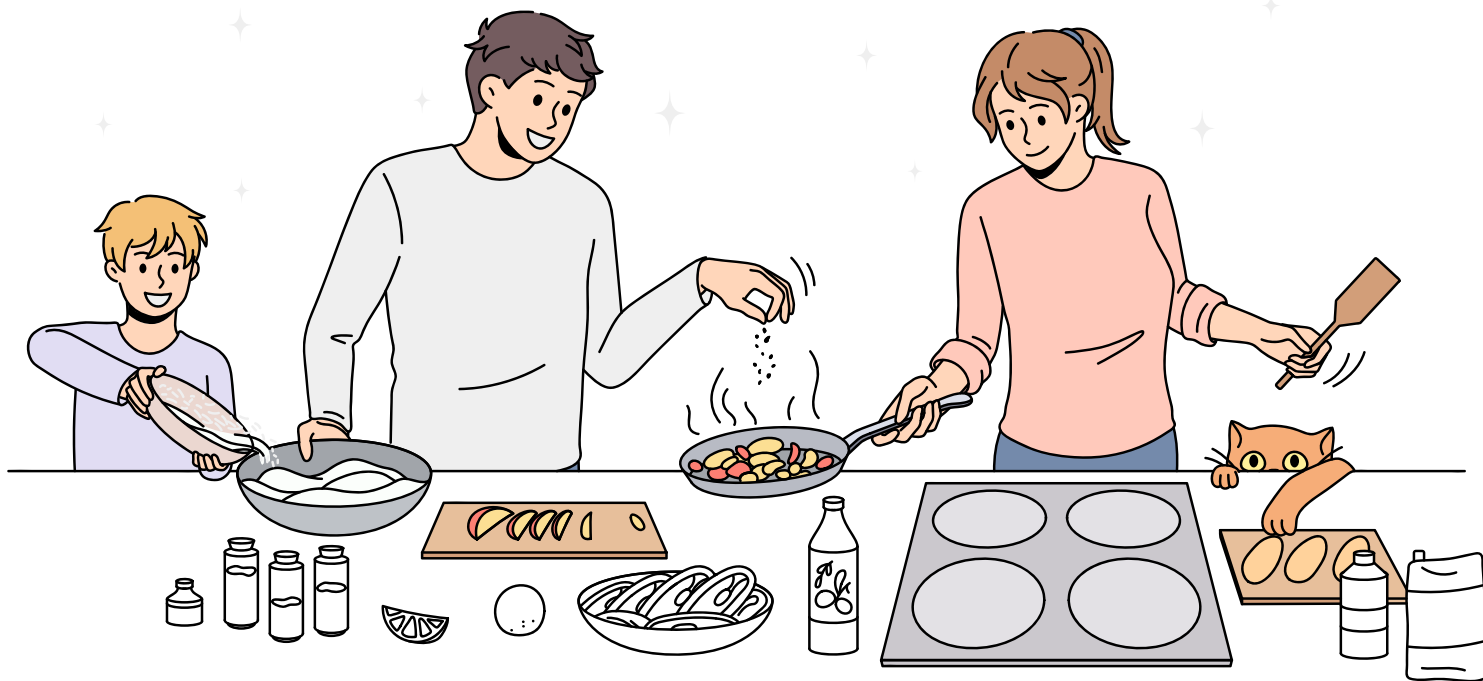
Use an optimistic tone

'I understand that quitting can be tough. But here are some health benefits that might motivate you.'



Assemble a 'quit kit'

- ◆ Chewing gum
- ◆ Stress ball
- ◆ Hard candy
- ◆ Nicotine patch
- ◆ Lollipops



Plan distractions

- ◆ Plan to make dinner together
- ◆ Watch a movie with them
- ◆ Take them on a walk



Don't lecture, listen

Listen to what they have to say about quitting.
Resist the urge to add comments.

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