Kick the bad habit for good

Quitting smoking isn't easy, but it's worth it. The good news is that once you stop, your body starts healing right away. Carbon monoxide levels normalize in just 12 hours, and your risk for heart disease drops by 50% after your first year as a nonsmoker.[1] Here are some simple ways to increase your chances of successfully kicking the habit.

Make a clean break

Get rid of anything that reminds you of smoking. Cigarettes are a no-brainer, but lighters and ashtrays belong in the trash, too — along with anything else that could trigger cravings.

Wait it out

Cravings only last 5 to 10 minutes, and then they go away.[2] Set a timer and find something to distract your mind and keep your hands busy so you can get through the craving without lighting up.

Focus on the rewards

Your health is a a good reason to quit smoking. But you'll also feel better, smell better, look better, and save money. When you're struggling to stay smoke-free, remember why it's worth it.

Visit kp.org/quitsmoking.

[1]American Lung Association.
[2]Centers for Disease Control and Prevention.

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