

GUÍA PARA DEJAR DE FUMAR

Es posible. Tú puedes conseguirlo

Sigue estos pasos ...



1 Repasa tus motivos para dejar de fumar
Tienes razones para hacer el esfuerzo que requiere dejar de fumar



2 Plantea tu propio plan
No te precipites, tienes tiempo. Piensa que te propones dejar de fumar de forma seria y permanente.



3 Elige la fecha para dejarlo
Una vez escogida considérala inaplazable. Evita fechas de especial tensión o estrés, grandes preocupaciones o cambios.



4 Busca apoyo
Elige a alguien que puede escucharte y prestarte su apoyo siempre que lo necesites.

El día elegido

• Al levantarte

¡Preocúpate solo de hoy! Respeta esta decisión cada vez que tengas ganas de encender un cigarrillo.

Empieza el día usando tus pulmones. Haz un poco de ejercicio al aire libre y algunas respiraciones profundas.

• Durante el día

Después de comer, rompe tu rutina. ¡Haz algo distinto! Te acostumbrarás rápido.

No olvides utilizar tu tratamiento de apoyo

LA SENSACIÓN DE NECESIDAD DE UN CIGARRILLO NO ES ETERNA

En los momentos en que este deseo sea imperioso: relájate, pica algo sano (fruta), bebe agua o mastica chicle, mira el reloj (la ansiedad pasa en medio minuto).

Para mantenerse...
Introduce pequeñas mejoras a su alrededor



Disfrute las mejoras físicas



Mayor agilidad, recuperación del gusto y el olfato, del equilibrio y la hidratación de la piel, la tos desaparece



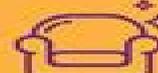
Menor riesgo de enfermedad cardiovascular, bronquitis crónica o cáncer de pulmón o mejor pronóstico/recuperación si ya padeces enfermedades por el tabaco.



Tira ceniceros y mecheros a la basura



Hazte una limpieza dental



Limpia tapicerías de coche o sofás si huelen a tabaco

Y si el miedo es a engordar...

por ansiedad o por cambios en el metabolismo se aumenta de media solo 2-3 kg de peso al año.

¡¡ No olvides el dinero que ahorrarás!!

Hospital Universitario **Fundación Jiménez Díaz**
con Quironsalud

Servicio de Neumología

Deja De Fumar

Ian Pickup



Deja De Fumar:

Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Deja De Fumar**

In a world inundated with screens and the cacophony of fast conversation, the profound power and psychological resonance of verbal beauty frequently fade in to obscurity, eclipsed by the constant assault of sound and distractions. Yet, located within the musical pages of **Deja De Fumar**, a charming perform of literary elegance that impulses with organic feelings, lies an unforgettable journey waiting to be embarked upon. Penned by way of a virtuoso wordsmith, this mesmerizing opus courses visitors on a mental odyssey, softly revealing the latent potential and profound impact embedded within the intricate web of language. Within the heart-wrenching expanse with this evocative examination, we will embark upon an introspective exploration of the book is main themes, dissect its captivating writing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

<https://www.cruiselady.com/About/Resources/default.aspx/assassination%20of%20john%20f%20kennedy%20death%20of%20the%20new%20frontier.pdf>

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