

Email subject: Want to quit smoking? Join the Great American Smokeout



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](#). Call 212-676-2393 to enroll.

Quit Smoking: Small Daily Steps Add Up



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](#) to help curb cravings.



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](#), try tea instead.
- Since smoking after eating is common, try eating meals slowly.



WORKING:

- Feeling stressed at work? On breaks, walk around the block or [climb stairs](#).
- 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.



RELAXING IN THE EVENING:

- After dinner, avoid boredom (a common trigger) by calling a friend, or enjoying a [hobby](#), like knitting or painting.



GOING TO BED:

- Having trouble sleeping? Relax your mind and body by taking a bath, doing some stretches, [listening to soothing music](#) or drinking herbal tea.

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.

