



## Asking for Support from Your Partner

Talk to those you are close to about the support you need when you are quitting or reducing smoking. Here are some ways to ask for support:

- Ask your partner and others not to smoke around you, in your home or in your car.
- If your partner smokes, ask them to try to lessen the smell of smoke by washing hands, changing clothes, brushing teeth and using mouthwash after smoking. You can also ask them not to leave cigarettes, butts or ashtrays around the house.
- Tell your partner that you need them to be patient with you. They need to know it is common to feel irritable or cranky when you quit or reduce smoking. For women who are pregnant or caring for a newborn baby, this might make you feel more irritable or cranky.
- To lower stress, ask your partner for help with housework, taking care of children and other activities that make you feel tense or anxious. To learn more about stressors, [click here](#).
- Suggest that your partner eat healthy and exercise with you. This is especially beneficial for a healthier pregnancy and lifestyle. You can lower stress together and make quitting or reducing easier. Read our pages on exercise ([click here](#)) and nutrition ([click here](#)) to learn more.
- Ask your partner to remind you how well you are doing. Make plans to celebrate the success you have on your journey to quitting/reducing with those close to you.
- Ask your partner to help you stay away from people, places or things that make you want to smoke. Ask them to distract you when you have cravings.