

Finally Tobacco Free with an Assist by SelfHelpWorks



Carla Conroy smoked on and off since she was 25 years old. Today she is a non-smoker. Here is her story.

I've wanted to participate in a smoking cessation program at Case for a while but it never seemed to fit with my work schedule...at least that's what I told myself.

I have a family history of heart disease and while I knew quitting was something I had to do, I always found reasons not to quit. When I heard about the SelfHelpWorks LivingFree program through CWRU, I knew I had no excuse NOT to go through with the program. I was very nervous when I sat down to watch my first session, but I was immediately hooked! Everything Lou talked about resonated with me: why I smoked; excuses I had given myself that kept me from quitting in the past or led me back to smoking; acknowledging that contemplating quitting causes anxiety.

The thing I liked the best is that it was empowering! I made the choice every day if I chose to smoke or not. And when I made that choice, I was only making it for that one minute. I didn't have to worry about an hour from now, or tomorrow or next week. I just had to focus in that moment on choosing not to smoke.

My quit day for the program was February 8th and I have not had a cigarette since that day!

I feel proud of myself for not smoking, which is something I did NOT feel previous times I quit. I would say the biggest thing I realized through the process was how guilty and embarrassed I was that I was a smoker. I was self-conscious about smelling like cigarettes and would always try to cover up the smell, especially around my dad. I didn't want to have certain people in my car because it smelled like smoke. And I never talked about being a smoker because I was afraid people would think I was a bad person. Now I don't have to keep this "secret" from people and that's the best feeling!



LivingEasy is just one of a suite of programs from Selfhelpworks designed to help CWRU Employees lead healthier lives. Learn more about Selfhelpworks on the [Wellness Website](#).