

TIPS FOR QUITTING

KNOW YOUR REASONS FOR QUITTING

health, looks, money, family, control, etc.

GET SOCIAL SUPPORT

- Find someone to quit with you
- Join a “quit smoking” group
- Call the Smokers’ Helpline: 1-800-766-2888

KNOW WHAT “TRIGGERS” YOU TO SMOKE

Coffee, meals, stress, boredom, talking on the telephone, etc.

DECIDE AHEAD WHAT YOU WILL DO INSTEAD OF SMOKE A CIGARETTE

take a walk	doodle
chew gum	call a friend
breathe deep	eat something

SET A QUIT DATE

Give yourself a couple of weeks to prepare and get used to the idea

GET RID OF ALL YOUR SMOKING ACCESSORIES

cigarettes, ashtrays, lighters

KEEP BUSY

clean, shop, visit a friend, exercise, do hobbies, etc.

AVOID SITUATIONS AND PRODUCTS WHICH TEMPT YOU TO SMOKE

alcohol, caffeine, social gatherings with friends who smoke

QUIT SMOKING ONE DAY AT A TIME

Forget about not smoking next week, next month, next year... just focus on today

THINK OF QUITTING AS DOING YOURSELF A FAVOR, NOT DEPRIVING YOURSELF OF CIGARETTES

Not smoking is a natural state; by quitting you are getting back to that natural state.

REWARD YOURSELF

Use the money you save to buy yourself something special. You deserve it.

WAIT IT OUT

The craving for a cigarette goes away in a few minutes

TAKE DEEP BREATHS AND EXERCISE TO RELAX, DRINK LOTS OF WATER AND GET PLENTY OF REST. HANG IN THERE. YOU CAN DO IT!