



TIPS FOR QUITTING:

- Identify your motivators. Are you quitting for your health? Your kids? The money? Bragging rights? Keep a picture of your motivators with you and look it over when you are having cravings.
- Identify your triggers. Be proactive in recognizing places or situations that might be challenging. Make a plan to deal with them or avoid them.
- Change your habits. Switch to juices or water instead of alcohol or coffee. Choose foods that don't make you want to smoke.
- Take a brisk walk instead of a smoke break.
- Choose other things for your mouth, e.g., sugarless gum or hard candy, raw vegetables such as carrot sticks, or sunflower seeds.
- Exercise or do something that keeps your hands busy, such as needlework or woodworking, which can help distract you from the urge to smoke.
- Take a hot bath, go for a walk, or read a book.
- Breathe deeply: When the urge strikes, breathe deeply and picture your lungs filling with fresh, clean air.
- Delay: If you feel that you're about to light up, hold off. Tell yourself you must wait at least 10 minutes. Often this simple trick will allow you to move beyond the strong urge to smoke.
- Reward yourself. Put the money you would have spent on tobacco in a jar every day and then buy yourself a weekly treat.
- You can also reward yourself in ways that don't cost money: visit a park, see a movie or go to the library.
- Use positive peer pressure. Let trusted friends and family know you are quitting so they can help.
- Keep track of your progress. Use a journal, a calendar, or an app to see what you have accomplished.
- Download a smart phone app to help keep you on track. Check out "Quit Start," "My Quit Coach," "Stay Quit Coach," or "Text 2 Quit," just to name a few!