Kick the Tobacco Habit!

1. **Know Why You Are Quitting**
   - Make a list of your reasons for quitting and post it on the refrigerator!
   - Some possible reasons:
     1. Because quitting is the BEST thing you can do for your health
     2. So you can spend your cigarette money on something else
     3. For the people who love you

2. **Make A Plan**
   - Choose a quit date when you are not under stress
   - Be aware of other habits that make you want to smoke like drinking coffee and sitting around after a meal
   - Identify what you will do instead of smoking when the cravings hit
   - Identify ways you will reward yourself for big AND small successes

3. **Get Support From Others**
   - Ask your family, friends and co-workers not to smoke around you
   - Ask someone to quit with you
   - Spend more time visiting with non-smoking friends and family members
   - Ask someone if you can call him or her for support when you get cravings

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**Smoking is a lot worse for your health than a few extra pounds!**

*Don’t let the fear of gaining weight stop you from quitting.*

- Drink extra water and keep low fat snacks within reach
- Try sugarless gum or hard candies
- Plan to go for a walk when you start craving either food or a cigarette
When You Want A Cigarette

- Listen to music, sing along, and wait out the urges
- Think about what your life will be like as a non-smoker
- Rewrite your list of reasons for quitting
- Call or visit with someone who doesn’t smoke
- Go for a brisk walk
- Try deep breathing
- Count backwards from 100 slowly until the urge passes
- Hold out for 5, then 10, then 15 minutes
- Put a dime in a jar for every cigarette you DON’T smoke
- Treat yourself to a bubble bath or long shower
- Take a nap
- Read a book
- Learn a new hobby or work on a current one
- Learn how to meditate
- Play a computer or video game

 Keep Your Hands And Body Busy

- Do some stretches
- Learn to juggle
- Wash the car
- Play with a coin, pen, paperclip, piece of jewelry, or marble
- Try doodling – it’s fun!
- Munch on carrots or celery
- Do projects that require more doing than thinking, like pulling weeds, planting flowers, or cleaning a closet

While You’re Quitting

Be Ready For Relapses

- Don’t tell yourself you’ve failed, lots of people relapse
- Remember what worked while you were quitting and do it again
- Be proud of yourself. You’ve almost kicked the habit for good!