

8 Quit Smoking Tips



#1 Determine WHY you want to quit

- Be specific! Write the reasons down!
- Talk with your physician about your health and quitting



#2 Review past quit attempts

- What worked? What did not work?
- What do you want to try differently this time?

#3 Consider using a Rx or NRT

- People who use Nicotine Replacement Therapy or medication are 2x more likely to successfully quit

#4 Track it!

- Track your habits! When do you smoke? Why? Where?



#5 Set a Quit Date

- Do not choose a date around a big event or stressful time
- It is best to choose a date within 4-6 weeks



#6 Make a Quit Plan

- Plan to decrease cigarette usage as you begin using NRTs
- Make a list of tobacco-related habits you want to change
- For each habit, identify 5 activities you can do instead
- Find ways to keep your hands and mouth busy
- Identify ways to relieve stress without smoking

#7 Get Support

- Tell others you are quitting – give them tips on how to help you
- Call the Quit Line, join a Quit! class or download an app on your phone

#8 Minimize Slips – Prevent Relapse

- Learn from your mistakes, avoid triggers, seek support
- Multiple quit attempts may be necessary before succeeding

