

My Quit Kit

There are a number of things you can do to prepare to quit using tobacco. Create and carry a quit kit with you to provide healthy alternatives instead of cigarettes, chew or cigars. Below are some ideas to help you get started.

Things you can do or use to keep your hands busy:

- Play with a paper clip, coin or rubber band.
- Play with a tennis ball or stress ball.
- Shuffle or play with a deck of cards.
- Play with a straw.
- Doodle or write down your thoughts in a journal.
- Do some knitting or sewing.
- Read a book or magazine.
- Carry a pen for writing or just clicking.

Things you can do instead of using tobacco:

- Chew sugarless gum.
- Suck on sugar-free hard candy.
- Chew on a straw or toothpick.
- Chew or suck on cinnamon sticks.
- Keep water handy and drink lots of it.
- Carry crunchy, healthy snacks, like carrots, celery sticks, pickles, fruit wedges, or nuts.

Now, write down what you will include in your quit kit, then put it together. Carry the kit with you and use the items to help you replace old habits with new, healthier habits. If it helps you stay on track, make a few kits to keep in different places.

1. _____	11. _____
2. _____	12. _____
3. _____	13. _____
4. _____	14. _____
5. _____	15. _____
6. _____	16. _____
7. _____	17. _____
8. _____	18. _____
9. _____	19. _____
10. _____	20. _____

