



Tips *for* Quitting Tobacco

Set a Quit Date

Make a commitment, choose a date to quit and circle that day on your calendar. If you have a friend or family member who wants to quit, plan to quit together.

Seek Medical Advice

Your doctor can offer advice and help you decide if tobacco cessation medication, group therapy or other treatments are right for you.

Identify Your Triggers

Determine which activities or feelings trigger your tobacco use, such as drinking alcohol or coffee or dealing with stress.

Write Out a Quit Plan

Include your strategies for dealing with triggers, cravings and slips, managing stress, controlling weight gain, and keeping yourself busy.

Prepare for Your Quit Day

The night before your quit day, throw away all ashtrays, lighters, matches, and tobacco products in your home and car. If possible, schedule an appointment to have your teeth cleaned on your quit day.

Tell Everyone

Tell your family and friends about your decision to become tobacco-free. Ask for their support, especially during times of temptation.

Manage Cravings

When a craving strikes, try to distract yourself by taking a quick walk, drinking a glass of water, calling a friend, or focusing on an activity you enjoy.

Practice Stress Management

Instead of turning to tobacco in stressful moments, try using quick stress relievers like quiet reflection, deep breathing and positive thinking.

Reach for a Replacement

Play with a straw, paper clip, pen, or other object to replace the movements associated with smoking. Hard candies, sunflower seeds or gum can help satisfy your need to have something in your mouth.

Forgive Slips

Remember, a slip does not mean you have failed. Learn from the experience and revise your quit plan to prevent future slips, and remind yourself why you chose to be tobacco-free.

Reward Yourself

Recognize your hard work by celebrating milestones. Use the money you save by not purchasing tobacco to reward yourself with something special, or put the money in a savings account and watch it grow!



Tell your family and friends about your decision to become tobacco-free for stronger support.