

Quitting? Let's Get Ready!

5 DAYS BEFORE: Take a couple of minutes to write down why you want to quit using tobacco. Tell people you are quitting. Stop buying packs of cigarettes or other tobacco products.

4 DAYS BEFORE: Try to figure out when you smoke or use tobacco. After that figure out why you smoke or use tobacco. What can you do instead of smoking or using tobacco? How can you alter your routine to make it a little bit easier?

3 DAYS BEFORE: Write down what you could buy with all the money you will be saving. Who are you going to call when you need support?

2 DAYS BEFORE: If you are going to use a quit aid (i.e. nicotine patch, nicotine gum or a prescription) make sure you have it and know how it is to be used. Clean your clothes and house. Try to get rid of the cigarette smell.

1 DAY BEFORE: Figure out how you are going to reward yourself after quitting. Make an appointment to get your teeth cleaned. Throw away all smoking or tobacco related products.

QUIT DAY: Keep busy. Do things differently; change your routine. Ask friends and family for support. Avoid alcohol. Treat yourself or do something to celebrate.

1 DAY AFTER: Congratulate yourself! When cravings hit, don't forget the 4 D's (delay by 3 minutes; drink water; deep breathing; distract yourself).

Adapted from the Center for Tobacco Research and Intervention



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