

Starting the Quit Process

BEFORE YOU QUIT:

- Select a quit date – within 2 weeks and stick to it!
- In order to prepare, the week before your quit date, postpone your first cigarette by an hour each day.
- Be sure to put your tobacco away – don't take it with you.
- Stop by the Center for Health Education and Promotion for a "Quit Kit".

ON THE DAY YOU QUIT:

- Get rid of your cigarettes and/or any other tobacco products
- Stay busy
- Go places that you are not allowed to smoke (the mall, a restaurant, the movies)
- Wash your clothes, car and anything else that might smell of tobacco
- Hang out with your non-smoking friends

HANDLING YOUR URGES:

- Urges generally last about 3 minutes. During those 3 minutes, move your thoughts toward something else. Make a phone call, go for a walk, and drink some water.
- Get Active! Go for a walk, stretch your muscles, do some exercises, go swimming, touch your toes, do some chair exercises, or go for a bike ride.
- Keep your hands busy, do a puzzle, doodle, play solitaire, knit, crochet, sew, play with a stress ball, play dough or silly putty.
- Take a shower, brush your teeth
- Call a friend for support.
- Write down all the reasons you want to quit on an index card. Read it every day.
- Sip water through a straw, chew gum, suck on a hard candy, and/or munch on healthy snacks.

Everybody's quitting experience is different. You can survive the withdrawal symptoms of nicotine (like you can survive a cold or the flu). After about 10 days, things should get easier.

Adapted from FighttoBreathRight.org and University of Wisconsin - Whitewater



Center for Health Education and Promotion
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