

QUITTING?

For more information call The
Center for Health Education &
Promotion at 288-5217

LET'S GET READY!

5 DAYS BEFORE: Take a couple minutes to write down why you want to quit smoking. Tell people you are quitting. Stop buying cartons (or packs) of cigarettes.

4 DAYS BEFORE: Try to figure out when you smoke. After that figure out why you smoke. What can you do instead of having a cigarette in your hand? 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 or 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 your cigarettes and matches. Put away lighters and ashtrays.

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).