

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 for an hour each day.
- ~ Be sure to put your tobacco away - don't take it with you.
- ~ Stop by The Center for Health Education & Promotion for a "Survival Kit".

On the Day You Quit:

- ~ Get rid of your cigarettes, ashtrays and lighters!
- ~ Stay busy.
- ~ Go places that you are not allowed to smoke (the mall, library, 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, drink some water.
- ~ Go for a walk, stretch your muscles, do some exercises, go swimming, touch your toes, do some chair exercises, go for a bike ride, anything, just get active!
- ~ 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. See if they will give you a back or foot rub.
- ~ Write down all the reasons you want to quit on an index card. Read it everyday.
- ~ Sip water through a straw, chew gum, suck on a hard candy, 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 be easier.

Delay (2-3 minutes), **Drink** (a glass of water), **Deep** (breathing), **Distraction**