

Trying to
QUIT?

Tips: To Be Tobacco Free



1. **FIND YOUR REASONS TO QUIT.** You may have support to quit or even peer pressure to continue using tobacco so the decision comes from you!
2. **SELECT A METHOD THAT FITS YOU.** Going cold turkey, cutting back, using medication or finding what works best for you.
3. **SET A QUIT DATE.** Plan a time. Choose a day in the next few weeks and commit. Circle that date on your calendar or planner. Plan to be tobacco free.
4. **SUPPORT.** Ask your friends and family to support your efforts. Ask former dippers and smokers what helped them quit.
5. **RECOGNIZE YOUR TRIGGERS.** Which triggers may be easy and which triggers seem to be difficult? For example: upon awakening in the morning, after drinking coffee or after a meal? Plan in advance how you will handle these situations without using tobacco.
6. **MAKE A QUIT PLAN.** When is the best day? Which method will work best? Who will support me? How will I make my surroundings a tobacco free zone? What other strategies will I use?
7. **TELL SUPPORTERS.** Inform your family and friends of your quit date. Ask for their support and remind friends not to ask you out to the deck or to offer tobacco. (You didn't run out, you quit!)
8. **MOTIVATION.** Write down reasons for quitting. Read it several times during the day, especially when you have cravings. Keep written reasons where your pack or can used to be. Instead of grabbing the tobacco products you'll grab a hand full of reasons to quit!
9. **QUIT WITH SOMEONE.** Everything is better when you do it together! Spouses, friends, co-workers or maybe a group may want to give it a try. You can take breaks, walk and talk with the same people, and quit together.
10. **MAKE A QUIT BAG.** Get a survival bag with items to help you. Some common things are toothpicks and cinnamon sticks, sugarless hard candy and gum or stress balls, pens and rubber bands for your hands.
11. **RESIST CRAVINGS.** When a craving strikes, try to distract yourself. The four D's can help: Deep breaths, Drink water, Do something else, and Delay.
12. **AVOID UNHEALTHY REPLACEMENTS.** Replacing tobacco with alcohol, high calories drinks, candy, fatty foods and deserts can lead to other problems. Your metabolism changes when you quit smoking. If you replace one habit with another, make a healthy choice.
13. **INCREASE EXERCISE.** Exercising will help you stay in shape, feel better, rid your body of toxins and keep your weight in check.
14. **LEARN FROM THE PAST.** If you have tried to quit before and suffered a setback, remember your triggers. Be prepared! Stay motivated! If you slip up, remember it is never too early or too late to try again.

WANT ADDITIONAL HELP? Call or Log onto:

[National/ State Free Quit Line 1-800-QUITNOW](http://www.ucequit2.org/) 1-800-784-8669

<http://www.ucequit2.org/>

<http://www.smokefree.gov/>

http://www.nmcphc.med.navy.mil/Healthy_Living/

Tricare Smoking Cessation Quit Lines

North Region 1-866-459-8766 / South Region 1-877-414-9949 / West Region 1-866-244-6870

