



20 TIPS for Quitting Tobacco

- 1 MAKE THE DECISION TO QUIT.** Others may want you to quit, but the real commitment must come from you.
- 2 SEEK MEDICAL ADVICE.** Your health care provider can offer advice and help you decide if tobacco cessation medication, group therapy or other treatments are right for you.
- 3 SET A QUIT DATE.** Make a commitment, choose a date to quit and circle that day on your calendar. Don't give yourself time to change your mind with a date too far in the future.
- 4 KNOW THE DANGERS.** Tobacco use can cause many forms of cancer, as well as heart and lung disease. Pregnant women who smoke are risking the life and health of their unborn child.
- 5 IDENTIFY YOUR TRIGGERS.** Determine which activities or feelings trigger your tobacco use, such as drinking coffee or dealing with stress. Plan in advance how you will handle these situations without turning to tobacco.
- 6 WRITE OUT A QUIT PLAN.** Include your strategies for dealing with cravings and slips, managing stress, controlling weight gain, and keeping yourself busy.
- 7 TELL EVERYONE.** Tell your family and friends about your decision to become tobacco-free. Ask for their support, especially during times of temptation.
- 8 CARRY A LIST OF MOTIVATORS.** Write down and carry your reasons for quitting with you. Refer to the list when you are tempted to use tobacco.
- 9 QUIT TOGETHER.** Increase your chances for success by quitting with someone. Whether it's your husband, wife, partner, or friend, if you quit together, you'll understand the challenges better and be able to provide continual support to one another.
- 10 MAKE TOBACCO USE INCONVENIENT.** Increase the time you spend in tobacco-free environments. Leading up to your quit date, only smoke outside or in places you don't normally smoke or use tobacco.
- 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 for 10 minutes.
- 12 DON'T FOOL YOURSELF.** It's usually not possible to have just one cigarette, just one puff or just one dip. Once you quit, do your best to avoid any type of tobacco use.
- 13 PREPARE FOR YOUR QUIT DAY.** The night before your quit day, throw away all ashtrays, lighters, matches, and tobacco products in your home and car.
- 14 CLEAN YOUR TEETH.** Make an appointment to have your teeth cleaned on your quit day. White teeth, free from nicotine stains, and a fresh taste in your mouth can keep you motivated to stick to your plan.
- 15 PRACTICE STRESS MANAGEMENT.** Deep breathing can help ease tension. As you inhale, picture your lungs filling with fresh, clean air instead of thick, dark smoke.
- 16 REWARD YOURSELF.** Recognize your hard work by celebrating milestones. Use the money you saved by not purchasing tobacco to reward yourself with something special.
- 17 REACH FOR A REPLACEMENT.** Play with a straw, paper clip, pen, or other object to replace the movements associated with smoking. Hard candies, sunflower seeds or gum can help satisfy your need to have something in your mouth.
- 18 DON'T SUBSTITUTE TOBACCO PRODUCTS.** All forms of tobacco contain nicotine and can lead to addiction. Tobacco is not considered safe in any amount or form.
- 19 FORGIVE SLIPS.** Remember, a slip doesn't mean you have failed. Learn from the experience and revise your quit plan to prevent future slips and to remind yourself why you chose to be tobacco-free.
- 20 GET ADDITIONAL HELP.** Call 1-800-Quit-Now, your local American Cancer Society at 1-800-ACS-2345 or your health care provider for assistance.



Sources: American Cancer Society, Centers for Disease Control and Prevention, American Lung Association, and Smoketree.gov



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