

## Quit Tips for the First Week

**Nicotine is a powerful addiction.** If you have tried to quit, you know how hard it can be. People who quit smoking or chewing typically experience physical and psychological withdrawal.

**Millions have quit smoking and chewing tobacco. You can, too!**

### **See Your Doctor for Medication:**

- ☑ There are seven FDA-approved medications to help you quit – including Chantix, Zyban and nicotine replacement therapies, including the patch, gum, lozenge, inhaler and nasal spray. Ask your doctor if prescription or OTC medications are right for you. These medications, combined with the proper coaching, may significantly improve your chances of quitting for good.

### **Call the Quit Line to Get FREE Coaching and Medication:**

- ☑ Call the Wisconsin Tobacco Quit Line at 1-800-QUIT-NOW (800-784-8669) for advice on how to quit, help developing a plan and a free two-week supply of the nicotine gum, patch or lozenge. It's confidential.

### **Replace Tobacco with Healthier Options:**

- ☑ **Keep your hands and mouth busy.** Try low-calorie foods for snacking—carrots, cinnamon sticks, sugarless gum or pretzel sticks. Don't skip meals.
- ☑ **Drink a lot of liquids, especially water.** Try herbal teas or fruit juices. Limit coffee, soft drinks and alcohol—they can increase your urge to smoke.

### **Change Your Habits:**

- ☑ **Exercise regularly and moderately.** Regular exercise helps. Try walking or jogging in the morning instead of having a cigarette or dip. Joining an exercise group provides a healthy activity and a new routine.
- ☑ **Get more sleep.** Go to sleep earlier. Take naps. Read a book before bed instead of lighting up or chewing.
- ☑ **Take deep breaths.** When cravings hit, do something to distract yourself.
- ☑ **Avoid places you connect with smoking/chewing.**
- ☑ **If you often drink while you smoke, give up alcohol until you are a confident non-smoker.**
- ☑ **Remind yourself every day why you are quitting.**

### **Reduce Your Stress:**

- ☑ **Take a hot bath or shower, get a massage or exercise.**
- ☑ **Listen to relaxing music.**
- ☑ **Watch a funny movie.**

### **Put Yourself In a Position to Resist Cravings**

- ☑ **Hang out with people who don't smoke/chew.**
- ☑ **Reach out to friends, family or a support group for encouragement.**
- ☑ **Toss all cigarettes, ash trays and chew products.**

