

READY TO QUIT:

The Evening Before Your QUIT DAY!

- Remove smoking triggers from your home, car and work site. This means throwing away ALL of your cigarettes, ashtrays and lighters.
- Clean your home and car. Fresh smells and cleanliness are perks of being smoke-free. Fill your car ashtray with peppermints.
- Review your strategies for avoiding triggers and coping with withdrawal.

On Your QUIT DAY

- Celebrate your new healthy look!
- Congratulate yourself - you are a non-smoker!

Follow An Exercise Program

- Work-off anger and stress with positive physical activities. For example, take a 5-minute walk around the block instead of reaching for a cigarette.
- Stay away from smoking triggers.
- Learn and use deep breathing exercises.
- Take time to relax and get away from it all.
- Avoid thinking or speaking badly about yourself.
- Ignore unneeded worries. Change what you can and accept what you cannot change.

Never allow yourself to think, "One won't hurt," because it will!

After You Quit

- Make sure you get enough rest.
- Keep track of your success.
- Eat a balanced diet.
- Bring water and healthy snacks along with you like fruit, vegetables or unbuttered popcorn ou'll be less likely to reach for a smoke when you have something better for you at your fingertips.
- Gradually cut down on caffeine (coffee, tea, cola) because it can cause anxiety and irritability.

Long Term

- Remind yourself of your new identity as a non-smoker.
- Surround yourself with other non-smokers if you have to be in a tempting situation.
- Never allow yourself to think, "One won't hurt," because it will!
- Take up healthy hobbies. You'll notice you can enjoy them now that you have more energy.
- Put the money you would normally spend on cigarettes in a jar, and spend that money on something enjoyable...like a CD or a movie.
- **Reward yourself often!**