



SMOKING REDUCTION TIPS

- ✓ Keep a smoking record of when and why you smoke. Then, gradually cut out the cigarettes you smoke, from least to most important.
 - ✓ Set a daily quota of cigarettes. Put only this number in your pack in the morning.
 - ✓ Delay your first cigarette of the day by half an hour.
 - ✓ Delay smoking for 15 minutes whenever you have a craving. Taking deep breaths or chewing gum also helps.
 - ✓ Smoke only half of each cigarette.
 - ✓ Keep your pack in an inconvenient place, like the cupboard above the fridge or in the closet.
 - ✓ Wrap your cigarette pack with a rubber band or string. Unwrapping it every time you smoke will remind you that you're trying to quit.
 - ✓ Stop whatever you're doing – even driving – when you have a cigarette, and think only about your smoking.
- ✓ Have a practice quit day. Stop smoking for 24 hours.
 - ✓ Avoid situations in which you usually smoke and plan activities that don't involve smoking. For example, spend time with your kids without a cigarette.
 - ✓ Brush your teeth often, especially during a craving.
 - ✓ Keep on hand celery or carrot sticks, sugarless gum, ...
 - ✓ Drink lots of water (6-8 glasses per day).
 - ✓ If you roll your own cigarettes, roll only a few at a time.
 - ✓ Change the brand you smoke each time you buy a pack.
 - ✓ Smoke with the opposite hand.

Adapted from *Stop Smoking: A Program for Women* Canadian Public Health Association, 1999