

QUIT TIPS & TRICKS

- Chew on a toothpick
- Munch on raw veggies
- Drink ice water
- Play cards
- Doodle
- Watch television
- Get a breath of fresh air
- Brush and floss your teeth
- Splash cold water on your face
- Take a warm shower
- Hull sunflower seeds
- Chew on a straw
- Peel a large carrot and eat it slowly
- Sleep in
- Chew gum
- Go for a brisk walk
- Knit/cross-stitch
- Work on a crossword puzzle
- Shell peanuts
- Fold laundry

Social Support

- Choose your quit supporters with care. Choose people you know have your best interest at heart.
- Remind friends and family that you are quitting and ask for their support.
- Talk to friends who have quit smoking.
- Let friends and family know that you will come to them if you require their support.
- Give friends and family specific examples of how they can support you.
- Phone a friend.
- Enlist a quitting buddy.

On Your QUIT DAY

- Deep breathe
- Organize days to avoid tension especially around quit day
- Be physically active
- Take relaxation breaks

Environmental Control

- Make smoke-free zones (e.g., home, car, garage)
- Get rid of all tobacco products and accessories such as matches, lighters and ashtrays
- Clean and deodorize your home and car
- Rearrange a room in your home
- Stock your fridge with healthy snacks
- Clean and deodorize your car
- Take a different route to work
- Put gum, sugar-free candies or mints in your car ashtray
- Put a no-smoking sign in your car
- Put a picture of a loved one where you once kept your cigarettes