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The Evening Before Your QUIT DAY!

- Remove smoking triggers from your home, car and work site like 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, sugarless candies, or flavored toothpicks.
- Review your strategies for avoiding temptation and coping with withdrawal symptoms.
- Stay away from triggers.
- Learn and use deep breathing exercises.
- Take time to relax and get away from it all.
- Never think or speak badly about yourself.
- Ignore unneeded worries.
- Put the money you would normally spend on cigarettes in a jar and spend it on something you would really like.

Ignore unneeded worries. Change what you can and accept what you cannot change.

On Your QUIT DAY

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

After You Quit

- Make sure you get enough rest.
- Keep track of your success.
- Eat a balanced diet.
- Bring water and healthy snacks with you so you are less likely to reach for a smoke when your hands need to be busy.
- Follow an exercise program, work off anger and stress with positive physical activities, for example, take a 5 minute walk instead of reaching for a cigarette.

Long Term

- Remind yourself of your new identity as a non-smoker.
- Most people are non-smokers like you so surround yourself with non-smokers in tempting situations.
- Never allow yourself to think, "One won't hurt," because it will!
- Take up healthy hobbies. You'll notice you can enjoy them more now because you have more energy.
- Keep track of your successes and reward yourself often.