

SO NOW WHAT?

DIFFERENT WAYS TO SUCCEED

You have decided to quit using tobacco. That's GREAT! Keep in mind that there is more than one way to succeed. Know your options....

HELPFUL TIPS

Pledge to quit - pick a quit date.

Change your daily routine (e.g. go for a walk when you would normally smoke).

Make sure you have something to do with your hands and mouth. Keep a smooth stone in your pocket to rub. Eat healthy snacks such as unsalted sunflower seeds, or raw veggies.

Call a friend and talk about how you are feeling.

Reduce the number of cigs you smoke each day.

Wait at least five minutes before lighting up and the urge will likely go away.

When you feel you need to smoke, sip water slowly.

When you would normally smoke, go for a walk or brush your teeth.

What else could you try?

THE GOOD

Your health starts to improve immediately.

Trying new things is fun and replacing smoking with exercise has additional benefits.

This will help keep your hands and mouth busy.

Your friend will want to help and support you.

You might find it easier to cut back gradually.

You'll take control of cravings. It takes longer to smoke a cig then the craving to pass.

Water is good for everyone.

You will always have fresh breathe and your dentist will love it.

OTHER OPTIONS