

## PREPARING TO QUIT SMOKING

The better you prepare yourself to quit smoking, the more likely you are to succeed. Here are some important tips for preparing to quit smoking.

### TELL YOUR FAMILY AND FRIENDS THAT YOU ARE QUITTING

Get their support in helping you with any difficult situations you may encounter while quitting.



### REWARD YOURSELF



Make a list of things you will do for yourself after your first day and first week without cigarettes. Think about what you would like to do with the money you save by not smoking.

### SAVE YOURSELF FROM TEMPTATION

Ask family and friends to keep their cigarettes out of your sight or access. Don't keep cigarettes handy.

### GET RID OF CIGARETTES AND REMINDERS TO SMOKE



- ✚ Get rid of any cigarettes, ashtrays, lighters, and matches around your house, car, or workplace.
- ✚ Find and destroy "stray" cigarettes. Clean out coat pockets, kitchen drawers, and your glove compartment.
- ✚ Make sure you are done with all of this before your quit day!
- ✚ Also, do not let people smoke in your home – make it a smoke-free environment!

### CHANGE YOUR DAILY ROUTINE

Try to avoid habits and routines associated with smoking. Drink your morning coffee at a different location, take a different route to work, have lunch with nonsmoking friends, or take a walk instead of a smoking break in the afternoon.



### STICK TO YOUR QUIT DAY!



Research shows that sticking to your quit day greatly increases your chance of successfully quitting. Remind your family, friends, and co-workers that it is your quit day and ask them for support. Change your normal routines to avoid triggers to smoke. Avoid alcohol. Celebrate the fact that you are on your way to being a nonsmoker!

### IF YOU HAVE A "SLIP" OR A "LAPSE"

Once you reach the quit date, if you smoke at all, PLEASE COME BACK! This group is helpful for figuring out how or why you slipped, so you can do better! Not everyone stays perfectly smoke-free right from the start.