

Quit Tips

- 1. Don't quit quitting. If you slip up, try again and again until you are successful**
- 2. Pick a quit date. Don't smoke on that day no matter what happens.**
- 3. Ask a family member or friend to help you through those moments when you feel like smoking.**
- 4. Be sure to get rid of all your smoking materials, such as cigarettes, ashtrays and lighters before your quit date.**
- 5. If you're making another attempt to quit smoking, think about what didn't work before. Develop a plan that will help you make your attempt more successful this time.**
- 6. Make a list of all your reasons for quitting. When you feel the urge to smoke, take out the list and read it.**
- 7. Put the money you would spend each day on cigarettes in a piggy bank. Use it to reward yourself for staying smoke-free.**
- 8. Go to places where you know you will not be allowed to smoke, like the mall, the movie theater or the library.**
- 9. Stay busy. Garden, write a letter or start that project you've been meaning to get to.**
- 10. Remember that the urge to smoke will go away in just a few minutes. You can make it through!**