

8 Things to Do When You Quit Smoking

1 Stay positive

Think about all of the positive changes you're creating in your life. Don't look at past quit attempts as failures. Focus on your purpose. Remind yourself:

- I can stop smoking
- I will stop smoking
- I love myself too much to smoke
- I want to get healthier and live longer
- I will be so proud of myself
- Others have quit and I can too
- This will get easier over time
- I had to learn to smoke, after all I wasn't born that way, so I have to be patient with myself and learn to be a non-smoker



2 Be patient

When you quit smoking, you are letting go of a habit that you've had for many years. It will take time for the cravings and triggers to go away. Be patient with yourself, and the process.



3 Keep your mouth and hands busy

It might be helpful to keep your hands and mouth busy. Ideas include:

- Eating foods that take a long time to chew (like apples, celery, carrots, etc.)
- Drinking water (or another low calorie beverage)
- Chewing gum
- Brushing and flossing
- Chew on a toothpick, cinnamon stick or pretzel
- Draw, sew, paint or do needlework

4 Change your old triggers

Identify your old triggers and come up with alternative ways of dealing with these triggers instead of smoking. Eventually, these better alternatives will become natural and automatic.

5 Remember the reasons you are quitting

Stay focused on why you are quitting. It can be helpful to write down your reasons. These statements are reminders of what you want to change by quitting smoking. Post this list where you will see it often.

I am quitting smoking because I want to:

- Be healthier
- Live longer
- Save money
- Be happier
- Feel good about myself
- Smell better
- Have the respect of my family and friends



6 Focus on today

Pay attention to your thoughts, and stay positive. Stay focused on the day in front of you and any challenges you might have to face.

7 Focus on yourself

Eat a well-balanced diet, get plenty of rest, drink lots of water and try to exercise.

8 Ask for help

Spend time with the friends and family who support you in your efforts to quit smoking. Visit local drop-in cessation support groups or call a quit-line for support.