



Tips to Quit Tobacco ...and Stay Quit!

LiveLifeWell

If you're a smoker, one of the most important things you can do to LiveLifeWell is decide to quit. Here are tips to help you get ready to quit and then stay quit:

Decide to Quit...for good!

When you decide to quit, it is important to **focus on those things you don't like about smoking**. Make a "reasons to quit" list – is it for your family, your friends, your health? Make copies of your list and post it around your house, office, car – anywhere that will keep you inspired.

Get the Support You Need... a QuitNet coach

A great way to prepare for your Quit Day is to work with a QuitNet coach. You can get **free, one-on-one support** on the days leading up to your Quit Day, on your first tobacco-free day and beyond. QuitNet coaches also offer education on how to overcome cravings and challenges, prescription support, and more. Call **(877) 292-1373** to learn more.

Prepare to Quit...pick a day

Once you decide to quit, mark your Quit Day on the calendar and start preparing.

- **Share your quit date with friends and family:** Telling others about your decision will help you feel accountable.
- **Talk to your doctor:** Quitting smoking may affect how medications impact your body.
- **Get rid of it:** Throw away ALL cigarettes! Make sure there aren't any extras in places like an old coat. Dispose of or hide smoking reminders like ashtrays, lighters or your favorite smoking chair.
- **Clean up:** The car, your clothes, the furniture. Keep the smelly reminders away.
- **Gather supplies for your first day as a non-smoker:**
 - ▶ Have your nicotine replacements or medications ready.
 - ▶ Get a water bottle to keep your stomach full and reduce withdrawal symptoms.
 - ▶ Stock up on things you can chew on – gum, carrots, toothpicks. Keep them as handy as you did your cigarettes.
 - ▶ Have something for your hands to do. A stress ball, a drumstick, whatever works for you.
 - ▶ Join a support team or work with a QuitNet coach.

Stand Your Ground...the Quit Day

Your first day without cigarettes will bring along curveballs like any other day (e.g., heavy traffic, a difficult meeting). Smoking never stopped these things before, and it won't now. **Know that you can handle life's surprises without a cigarette!** Help yourself by drinking plenty of water, getting up and being active, and leaning on your support team and QuitNet coach.

Stay Quit...focus on the future

Living tobacco-free is a lifelong commitment. Sometimes you will feel just great and other times you'll want to go back. Hang in there and make sure to:

- **Reward yourself for your accomplishments.** Make sure to do something nice for yourself when you pass up a cigarette or get through a stressful situation.
- **Prepare yourself for high-risk situations.** Keep a record of your triggers (e.g., alcohol, friends who smoke) so you're better able to cope with them.
- **Create a plan for the days and weeks beyond your Quit Day.** Put yourself in a position to succeed when you create a plan. It helps to keep in touch with others who are quitting, too!