

# PATH TO QUITTING TOBACCO

The Path to Quitting involves 2 things...a process and helpful tips

Call x 5123 for help at any time

Choose the consultation that works for you:

- ~ A phone consultation
- ~ A 15 minute in-person consultation
- ~ A one-hour private consultation
- ~ A four-week individual or class consultation

## PROCESS:

1. Prepare to quit.
  - Make a list of the reasons to quit
  - Identify your triggers
  - Learn how to change your routines/behaviors
2. Choose a quit date.
  - Whatever method of quitting you choose to use, your quit date is the day you stop using all tobacco products
  - Prepare by removing tobacco supplies, cleaning, etc
3. Coping with withdrawal.
  - Withdrawal symptoms can be both physical and psychological
  - Have a plan to deal with these symptoms
4. Fighting slips and relapse.
  - You're the only one who knows if you cheat
  - Stick to your plan, or change it if it's not working

## TIPS:

- Exercise regularly
- Drink lots of water
- Eat healthy, small, frequent meals to keep your metabolism up
- Chew gum
- Stay busy, active, avoid boredom
- Use relaxation techniques
- Have a support system
- Play with some item to keep your hands busy
- Avoid stress and situations that would cause you to use tobacco
- Think of yourself as tobacco free
- Save the amount you would normally spend on tobacco and do something fun for yourself