

FACT SHEET

Quit Smoking - 10 Steps to Quitting

1. Get ready

- Write down your reasons for quitting
- Think about the places and things that make you want to smoke, so you can avoid them and be prepared

2. Pick a quit day

- Pick a day and put it on your calendar
- Give yourself enough time to get ready for your quit day
- Avoid holidays or high-stress times

3. Get support

- Tell your friends and family how they can help you
- Call the NH Tobacco Helpline at 1-800-QUIT NOW (1-800-784-8669) if you, a friend, or a family member wants help or information
- TTY line (1-800-833-1477)

4. Get medicine to help you quit

- Ask your doctor about medicines that can help you, such as nicotine patches, nicotine gum, or pills
- If you have insurance, ask if these medicines are free or discounted

5. Start fresh

- Get rid of cigarettes, ashtrays, and lighters before your quit day
- Clean your home, car, and where you work
- Don't let people smoke in your home or car

6. Get through quit day

- You may feel tired, on edge, or tense but these feelings will pass
- Stay busy
- Avoid alcohol
- Remember your reasons for quitting
- Drink a lot of water

7. Avoid triggers

- Avoid the places or things that make you most want to smoke
- Some common triggers: drinking coffee or alcohol, driving, and talking on the phone
- If you cannot avoid a trigger, plan to do something else instead of smoking

8. Be ready when cravings hit

- Carry hard candy, sugarless gum, or toothpicks
- Call a friend
- Brush your teeth
- Do a crossword puzzle
- Take deep breaths

9. Get moving

- Go for a walk
- Try something new, such as bowling, mini-golf, or yoga
- Take the stairs

10. Don't give up

- If you "slip" and smoke, don't give up
- Think about what you learned from your "slip"
- Reward yourself

You want to quit smoking.

You know that quitting won't be easy.

You can do it!

Keep in mind it usually takes several times to quit for good. When you quit, you will have more energy, breathe easier, have more money to spend on other things, and feel proud that you did it!