

10 Steps to Quitting

1. Get ready

- Make a list of your reasons for quitting
- Think about the places and things that make you want to smoke or vape, so you can 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

3. Get support

- Tell your friends and family how they can help
- Visit QuitNowNH.org or call 1.800.QUIT.NOW (1.800.784.8669) if you, a friend, or a family member wants help or more information
- Go to SmokeFree.gov for more resources
- For teens visit MyLifeMyQuit.com or text "Start My Quit" to 36072

4. Get products to help you quit

- Ask your doctor about smoking cessation tools, such as prescription medicines, nicotine patches, nicotine gum, or lozenges
- If you have insurance, ask if these products are free or discounted

5. Start fresh

- Get rid of cigarettes, lighters, and vape devices before your quit day
- Clean your home, car, and where you work
- Don't let people smoke or vape 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
- Drink a lot of water
- Avoid alcohol
- Remember your reasons for quitting

7. Avoid triggers

- Places or things that make you most want to smoke or vape
- Drinking coffee, drinking alcohol, driving, and talking on the phone
- If you cannot avoid a trigger, plan to do something other than smoking or vaping

8. Be ready when cravings hit

- Carry hard candy, gum
- Call a friend
- Play a game
- Take deep breaths
- Remember the urge will only last a few minutes

9. Do something else

- Walk more, faster, longer
- Go for a hike with a friend
- Try an exercise class or yoga
- Find a new hobby or volunteer

10. Don't give up

- If you "slip" and smoke, keep trying
- Think about what you learned from your "slip"
- Reward yourself for your efforts

You want to quit. You can do it!

You know that quitting won't be easy. Keep in mind that it usually takes several tries to quit for good. Take small steps and learn what works for you.

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!