

Quitting is Important...

**and We're  
Here to Help!**



## Thinking About Quitting

**Don't be discouraged if you have tried before.** It takes practice to quit for good. Each time you try, you learn more about what it takes to meet your goal, so you are stronger with every new quit.

**Remember that there are more former smokers than current smokers.** When you are ready to make a quit attempt, there are resources and supports available to help!

**Successful quitting isn't just about willpower. There is a reason it is really tough!** If you use tobacco regularly, you probably have an addiction to nicotine. Addiction is caused by the nicotine in tobacco products. When you are addicted to nicotine, your body wants more and more tobacco.

## Trying To Quit

- Reflect on your tobacco use behaviors, identify personal motivators for quitting.
- Pick a date to quit in the next two weeks, a low stress day.
- Consider a plan for cutting back on your tobacco use leading up to your quit date.
- Talk to your provider about using medicines to help you quit. These include nicotine replacement gum, lozenges or skin patches.
- Make a list of social supports- tell them you're making a quit attempt, what is helpful and what is not helpful.
- Prepare your environment: Throw out tobacco products, such as cigarettes, chew, electronic cigarettes, ashtrays, and lighters before your quit date. Clean your home and car.
- Identify specific triggers and strategies to lessen/avoid them.
- Identify the most challenge circumstances you might be in, make a coping plan.
- Manages urges and use alternatives: Coping skills, stress management, self-care.
- Keep yourself busy with things you enjoy so that you don't think about smoking.
- Remember that each urge to smoke only lasts a few minutes.

# What Happens When You Quit?

No matter how old you are or how long you've smoked, quitting can help you live longer and be healthier. It will be one of the best decisions you make for your health.

