



STAYING SMOKE FREE

Congratulations! Now you are ready to develop a new habit – not smoking (or using tobacco products). It took time to learn to smoke, so it will take some time to unlearn through effort and practice. Below are some tips to help you learn new ways to deal with the desire for smoking or using tobacco products.

IF YOU FIND YOURSELF TEMPTED:

- Remind yourself how far you've come and how hard it was to get there – think about what it would be like to have to go through that again.
- Remind yourself of your reasons for quitting and all that you would be giving up.
- Remind yourself that this craving is temporary, and if you choose to wait it out, you can continue to enjoy the benefits of being a nonsmoker.
- Remind yourself about the physical benefits. Reread the handout “What happens after you quit smoking.”
- Remind yourself of the emotional benefits:
 - You'll be in control - cigarettes will no longer control you.
 - Your self-image and self-confidence will improve.
 - Your family and friends will be proud of you.
 - You'll be a healthier parent and probably enjoy a longer future with your children.

SETBACKS

For most people, quitting is not the biggest challenge; it's staying quit. The final key to successful quitting is being prepared to handle difficult situations and to recover if you slip. When you get an urge consider:

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| • Where you are? | • What you are doing? |
| • Who you are with? | • What you are thinking? |

Certain situations may trigger an urge to smoke too. Check off your triggers:

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| • Working under pressure | • Feeling blue |
| • Talking on the telephone | • Having an alcoholic drink |
| • Watching television | • Driving your car |
| • Finishing a meal | • Drinking coffee |
| • Watching someone else smoke | |

Use this information to help you cope with and plan for temptations. Some things to try:

- Integrate stress reduction into your daily life. Some people find it helpful to meditate, to do yoga or tai chi, or to go for a run.
- Ask for help from friends or experts.
- Limit or monitor your use of coffee and alcohol.
- Eat healthy foods and get some exercise to manage your weight and moods.

For more information or support contact National Network of Tobacco Cessation Quit lines in English or Spanish 24 hours a day/7 days a week at:
1-800-QUITNOW (1-800-784-8669) TTY 1-800-332-8615

This information has been adapted from “Forever Free™” at <http://www.smokefree.gov>