



How to Stay Tobacco Free

Follow these tips to help you stay smoke-free. If you do slip up, think of how far you've come and get "back on track".

- ▶ Never forget your reasons for stopping smoking.
- ▶ Never take even a puff of another cigarette.
- ▶ Don't think that you can have just one.
- ▶ Plan on how you will stay smoke-free during times when you are bored, drinking alcohol, or stressed.
- ▶ Decide what you will do instead of smoking.
- ▶ Treat yourself with the money you save.
- ▶ Start to think of yourself as a nonsmoker.

Seeing a person in your home light a cigarette can trigger the desire to smoke. Plan ahead and ask...

- ▶ for support from the smokers in your home.
- ▶ them to respect your decision to stop smoking.
- ▶ them to stop smoking around you.
- ▶ that they limit their smoking to the outside.

Be Prepared for Social Situations and Holidays

Tips to help you stay a nonsmoker in social settings and during the holidays.

- ▶ Remember - your reasons for being smoke-free are valid.
- ▶ Picture yourself not smoking at the event before you go.
- ▶ Practice what to say if offered a cigarette. "No, thanks, I quit smoking".
- ▶ Avoid alcohol. It can affect your judgment
- ▶ Keep your hands and/or mouth busy (use a "stir-stick", cinnamon toothpicks or "fake cigarette")
- ▶ Manage your time and money carefully to feel less stressed.
- ▶ Avoid stressful situations, if possible, or change your plans.
- ▶ Keep busy, do enjoyable activities, talk with someone.



You can deal with stress without reaching for a cigarette...

REMEMBER THE 5 Ds

Delay

Drink Water

Do Something Else

Deep Breathe

Discuss With A Friend