

Overcoming Challenges to Staying Tobacco- Free

If you are facing challenges in maintaining being tobacco-free, don't be anxious or hard on yourself. First, continue to remind yourself why you have decided on this journey of becoming tobacco- free. Then, work each step of this handout and hang it somewhere you will see it.

Monitor you inner voice.
Listen for messages that say you
feel deprived and
change it to **DETERMINED**

Recognize Stressful Situations &
Practice techniques for
handling them

Identify past challenging
situations and create
Plans to Overcome:

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Try to add
**30 more
minutes**
of exercise this
week

Track your eating
habits.
Find ways to eat
healthier!

Start a new hobby,
activity, clubs,
sports, volunteering

Set future goals
for celebration &
REWARD

Call or Meet Up
with a **Friend** for
Support