

## BECOMING TOBACCO-FREE



- Get rid of ALL of your cigarettes. Don't hide them anywhere. Don't buy them. If you have them-you will smoke them.
- Get rid of all of your ashtrays. If you have to keep a favorite, put a candle or a plant in it or find another use for it.
- Get rid of anything you may have that might remind you of smoking such as, calendars, T-shirts with a brand's logo on them, free "gifts" from tobacco companies, etc.
- Spend as much time as possible with people who don't smoke.
- Plan how you are going to handle difficult situations. Some helpful methods include walking away, washing your hands, brushing your teeth, taking deep breaths, playing a game, etc.
- Remind yourself of your reasons for quitting...again and again. Carry your quitting cards with you to stay on track.
- Say to yourself: "I am a non-smoker, I am getting healthy now, I'm in charge, not one puff ever, smoking is not an option, and I'm on my way."
- Plan to have healthy snacks with you such as nuts, cheese sticks, apple slices. Keeping your blood sugar even has been shown to help in the quit smoking process.
- Start an exercise program without paying for a gym! Walk a few blocks two times a day. Start slowly if it's been a while. Go to free classes at the ZSFGH Community Wellness Center.
- Think of how much money you will save when you quit smoking. Imagine what you will do with the money, be specific and get excited!
- Use cinnamon sticks, strong mints, chewing gum, sunflower seeds or licorice root when you have the urge to smoke.



- When something happens and you want to smoke, talk to a non-smoking friend to get you through the tough times.
- Keep busy – make a list and do something from it when you get bored. ALWAYS have something to do. Being bored leads to slips.
- Instead of smoking, go to the park, go to the movies, go to the library, visit a museum, or check the internet for free events.
- Focus on how good you will FEEL when you finally quit. What will it be like? Imagine the NEW YOU.
- Remember Quitting takes Practice YOU can do it!.