

First Things First Get Ready to Quit!

You'll probably do better if you have a plan. A plan will help you deal with – urges – places you smoke – people or things that you smoke with.



Plan

- Pick a day to be your Quit Day.
- Tell your family and friends so they can help.
- Stock up on healthy snacks.
 - celery
 - sugarless gum
 - carrots
 - apples
- You can eat lots of these and not gain weight.
- Practice saying “NO thank you, I don't smoke”.



- ★ The urge to smoke only last about 5 minutes.
- ★ You'll have more energy to do fun things you like when you stop smoking.
- ★ Think of the things you can buy with the money you save.
- ★ Think about how clean your house, car and you will smell without smoke.

On your Quit Day And After

You have made up your mind to quit and have picked the day. Good for you!

On your quit day:

- get rid of all your cigarettes
- hide your ashtrays
- call a friend to give you help
- drink lots of water
- take deep breaths instead of puffing on a cigarette



On days after you quit when you have the urge to smoke remember the **4 D's**.

- ★ Drink a glass of water or fruit juice.
- ★ Do something else- Take a walk, chew gum, or call a friend
- ★ Deep breaths- in and out slowly when you want to smoke
- ★ Delay- just wait 5 minutes and the urge will go away

Remember You Can Stop Smoking!



- You may need to try several times, but **keep at it**.
- Take deep breaths and relax when the urge to smoke comes.
- See yourself as a non-smoker and you will be one!

If you need help quitting, call the
California Smokers' Helpline:

This is a free phone call:
1-800-NO BUTTS (1-800-662-8887)
TDD: 1-800-933-4TDD

Tobacco Chewers' Helpline:
800-844-CHEW (1-800-844-2439)

Pamphlet development supported by University of New England and Katahdin AHEC through DHHS cooperative agreement 2 U 76 PE 00208-05 in cooperation with American Lung Association of Maine, March 1991.

You Can Stop Smoking

You have tried to stop smoking before. Maybe you went 2 weeks without a cigarette. Maybe you went 2 days or even 2 hours. Good for you! Many people stop and start several times. Use the things that worked last time. Add some new ideas to try again.

