



ACTION STEPS FOR WELLNESS

10 action steps to quit tobacco



1. Set a quit date.
2. Use over-the-counter nicotine patches, gum, or lozenges as directed.
3. Ask your doctor about prescribed medicines that can help you quit.
4. Get rid of all your cigarettes, cigars, matches, lighters, ashtrays, and tobacco triggers.
5. Take part in a quit tobacco program.
6. Rely on programs that have helped millions of people quit using tobacco. Examples are:
 - National Cancer Institute's Smoking Quitline at 877.44U.QUIT (448.7848)
 - National Network of Smoking Cessation Quit Lines at 800. QUIT.NOW (784.8669)
 - Smokefree.gov at smokefree.gov
7. When you get the urge to smoke, dip or chew tobacco, breathe deeply through your mouth. Hold your breath for three seconds. Slowly exhale through pursed lips to make a whisper sound.
8. Try sugarless gum or mints and toothpicks to keep your mouth busy. Hold a paper clip or stress ball in your hand.
9. Talk to nonsmoking family members and friends for support.
10. Put the money you used to spend on tobacco in a "ciggy" bank. See how much money you save!