

Tips to quit smoking



IF YOU'RE
READY TO
QUIT, HERE
ARE SOME
WAYS TO
TAKE THE
FIRST STEPS.



Make a plan

Going cold turkey is rarely successful. Instead, put together a plan that anticipates obstacles and brainstorm solutions.

Practice quitting

Go longer between smokes and try techniques to get through cravings. Find what works and what doesn't.

Talk to a healthcare professional

They may have resources such as helpful tips, referrals, and medications. Working with a counselor increases your chance of success.

Find a safe substitute

Keep your mouth and hands busy with something else. Toothpicks, straws, or cinnamon sticks are safe substitutes.

Be active

Quitting smoking can leave you feeling jittery and irritable. Plan activities that get your body moving to release your jitters.

Stay busy

Plan activities or gatherings with non-smoking friends to keep you distracted in the early days of quitting.

