

On the day you stop smoking expect to make changes in both the way you think and the way to act. Place a X by those changes that will help you stop:

Remove as many temptations as possible

- Do not keep any cigarettes.
- Get rid of all smoking reminders such as ashtrays, lighters etc.
- Schedule a stop day that is as stress free as you can make it.

Enlist support from people around you

- Talk to an ex- smoker. Find out how they stopped and that it is possible.
- Talk to a friend or relative about how important stopping is to you.
- Find someone else who wants to stop and support each other.

Change you usual routine

- Drive or walk a different route to work.
- Keep busy, begin a project or hobby you have been meaning to do.
- Stay in non smoking areas as much as possible.
- Get outside and take a walk in the fresh air.

Cope with the urge to smoke

- Realise that the craving to smoke will go away in a few minutes.
- Sit still for a moment and take a few deep breaths.
- Drink a glass of water.
- Call someone and ask about your feelings.

Change the way you think about smoking

- Recognise that “just one” cigarette can undo all your hard work.
- Don’t worry about tomorrow or next week- take it one day at a time.
- Remind yourself of why you decided to stop and the benefits for you.
- Realise that you are choosing not to smoke. No one is making you.

Develop healthy eating habits

- Limit or avoid coffee and caffeinated drinks.
- Limit or avoid alcohol at the beginning.
- Drink 8 glasses of water each day to help you clean out your system.
- If you want a snack, choose vegetables or fruit or sugarless gum