

## FIVE KEYS FOR QUITTING

### 1. GET READY.

- Set a quit date and stick to it—not even a single puff!
- Think about past quit attempts. What worked and what did not?

### 2. GET SUPPORT AND ENCOURAGEMENT.

- Tell your family, friends, and coworkers you are quitting.
- Talk to your doctor or other health care provider.
- Get group, individual, or telephone counseling.

### 3. LEARN NEW SKILLS AND BEHAVIORS.

- When you first try to quit, change your routine.
- Reduce stress.
- Distract yourself from urges to smoke.
- Plan something enjoyable to do every day.
- Drink a lot of water and other fluids.

### 4. GET MEDICATION AND USE IT CORRECTLY.

- Talk with your health care provider about which medication will work best for you:
  - Bupropion SR—available by prescription.
  - Nicotine gum available over-the-counter.
  - Nicotine inhaler—available by prescription.
  - Nicotine nasal spray—available by prescription.
  - Nicotine patch available over-the-counter.

### 5. BE PREPARED FOR RELAPSE OR DIFFICULT SITUATIONS.

- Avoid alcohol.
- Be careful around other smokers.
- Improve your mood in ways other than smoking.
- Eat a healthy diet and stay active.

## YOUR QUIT PLAN

### 1. YOUR QUIT DATE:

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### 2. WHO CAN HELP YOU:

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### 3. SKILLS AND BEHAVIORS YOU CAN USE:

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### 4. YOUR MEDICATION PLAN:

Medications: \_\_\_\_\_

Instructions: \_\_\_\_\_

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### 5. HOW WILL YOU PREPARE?

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