## **Step 6: What to do instead of smoking**

Come up with ideas of what you could do instead of smoking when:

* Waking up
* Bored
* Driving
* After meals
* Drinking
* On the phone
* Stressed

## **Step 7: Select you quit day!**

I will not use tobacco on this day or any day after that!

##



# Steps to Quitting

Date of publication

Face to face counseling with Tools to Quit or Quit Smoking Now classes.



Talk to a quit coach

 1-877-822-6669

Online Program

<http://www.ahectobacco.com>



**Step 1: Benefits of Quitting**

What are your personal benefits to quitting smoking?

 ![C:\Users\Owner\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\GLIMTWO0\heartbeat_for_sweden_by_luhcforgh-d4crg4k[1].jpg]()

## **Step 2: Reasons to Quit**

* Save money
* Improve health
* Improve physical performance
* Whiter teeth
* Clothes and breath smell better
* Much less chance of lung and oral caner
* Set an example for friends, family and children

## **Step 3: Enjoying life without Nicotene**

What are some healthy activities that might also make you feel relaxed, focused, calm and steady?

* Reading
* Listening to music
* Playing with kids
* Exercising



**Step 4: Why do you smoke?**

I crave cigarettes. What are some things I can do beat the craving?

* Use nicotine replacement therapy such as the patch or nicotine gum.
* Ask for help from family and friends

Smoking helps me relax. What are some things I can do instead?

* Use relaxation techniques
* Exercise regularly
* Take a hot bath, massage, listen to soothing music

Smoking is a habit. What can I do instead?

* Before quit day, change smoking routine.
* When you want a cigarette, wait one minute. Try to think of something else.
* Be aware of every cigarette you smoke. Do I really want this cigarette?

**Step 5: Preparing for Triggers**

Identify all the times that you use your tobacco.

* When I’m tired
* When I’m hungry
* When I am stressed

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Web site address