

# Sticking to Quitting...

## Seven steps to help you stop smoking

Quitting smoking is hard. Here are seven steps that may help. Put a check mark beside each action that you plan to try, and discuss these steps with your healthcare provider.

### 1. Handle stress without smoking.

If you know about difficult times coming up at work, at school, or in your personal life, create a substitute plan for smoking during these times. For example:

- Avoid the situation     Use a “quit-smoking” aid     Talk to a friend

What makes you stressed? How will you handle it? \_\_\_\_\_

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### 2. Drinking alcohol may affect your quit-smoking plan.

Drinking alcohol may be a trigger for smoking.

- If you drink alcohol, talk to your healthcare provider about your plan to quit smoking

### 3. Stay away from smokers.

It is harder to quit when you are around smokers. When you first quit smoking:

- Try not to be near others who smoke  
 Ask friends, loved ones, and coworkers not to smoke near you

How will you try to stay away from smokers? \_\_\_\_\_

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### 4. Keep substitutes for your cigarettes nearby.

You may feel you need to have something in your mouth when you quit smoking.

These substitutes may help:

- Sugarless candy     Bottled water     Toothpick

What will you use as a substitute? \_\_\_\_\_

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## Seven steps to help you stop smoking *(continued)*

### 5. Change routines that include smoking.

Think about the times you automatically reach for a smoke. Create a plan to do something different. For example, if you usually smoke while:

- Drinking morning coffee**—change your morning routine. Drink tea, or take a shower or a short walk before drinking coffee
  - Talking on the phone**—keep your hands busy by doodling or drawing
  - Relaxing after meals**—get up from the table right away, brush your teeth, take a walk
- What is your plan to do something different? \_\_\_\_\_
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### 6. Do not make weight gain your main focus.

If the thought of gaining weight is keeping you from quitting smoking, think about all of the benefits instead. Try these ideas to help prevent gaining weight:

- Plan time to exercise. Aim for 30 minutes of moderate exercise a day, 5 times a week
- Drink water before and between meals
- Chew sugarless gum or eat sugarless candy

What will you try? \_\_\_\_\_

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### 7. Deal with cravings to smoke.

Cravings do not last long. They usually pass within a few minutes.

- Stop what you're doing and do something else

What else can you do if you crave a cigarette? \_\_\_\_\_

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Talk to your healthcare provider about steps you can take to help you stop smoking. Planning ahead may go a long way in sticking to quitting.  
Reward yourself for each success!

For more information, visit [www.smokefree.gov](http://www.smokefree.gov)