

8

tips to quit smoking



1

Make a list

List all the reasons you want to quit.

2

Understand why you smoke

Monitor your smoking for a few days to find your triggers.

3

Find healthier substitutes

Have a plan to do something else when wanting to smoke.

6

Learn from the past

Success comes from learning from past quitting attempts.

4

Change your environment

Changes around the house and in your day can make it easier.

7

Set a quit date

Pick a low stress day and mark it on your calendar.

5

Talk

Ask the people around you for support.

8

Motivate yourself

Positive thought and rewards will help you through the process.

For more information call York Region, *Health Connection* at
1-800-361-5653, TTY 1-866-252-9933
or visit **www.york.ca/tobacco**


York Region