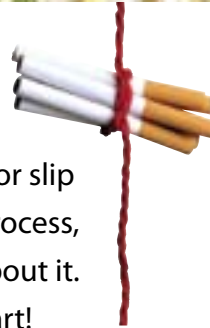




What if I slip?

Uh-oh, you slipped and had a cigarette or two. This is just a minor slip and not a disaster! Quitting is a process, and there are many ways to go about it. So keep trying, and don't lose heart!

If you need help call **Smoker's Helpline** at 1-877-513-5333 or visit www.smokershelpline.ca



For help to plan to quit ask your family doctor

For more information on this or any other health-related topics contact:
York Region Health Connection
1-800-361-5653
TTY 1-866-252-9933
or visit www.york.ca



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Your Quit Smoking Plan



TIPS AND TOOLS



8 tips to making quitting easier



QUIT PLAN TIPS AND TOOLS

tip 1 **Make a list** List all the reasons why you want to quit and then keep the list close by for when you're

thinking about lighting up. Think of things like:

- Family and friends
- Health
- Self-image
- Social life
- Money

tip 2 **Understand why you smoke** Monitor your smoking for a few days using a simple chart. It's a quick and

easy way to recognize your smoking triggers.

Cigarette #	Time of Day	Need Ranking Scale of 1-5	What was I doing?	Who was I with?	Why was I smoking?
1	7:15 a.m.	5	Getting ready for work	Alone	Always do with my coffee

tip 3 **Find healthier substitutes for smoking** Once you figure out why you smoke, you'll be better able to

recognize trigger situations ahead of time and opt for something other than a cigarette.

Here's what we mean:

Why are you smoking?	Appropriate Substitute
Picks me up	Take a walk and get some fresh air Exercise Wash my face with cold water
Really enjoyable with my morning coffee	Change my routine by drinking tea instead of coffee

tip 4 **Change your environment and routine** Making a few little changes around the

house and in your day, can make it easier to quit. Here are just a few of the things you can do:

- Drink tea instead of coffee
- Eat breakfast in a different place
- Get rid of all cigarettes and ashtrays in your home, car and workplace
- Don't let people smoke in your home

tip 5 **Talk with someone** By telling others close to you that you are quitting smoking, you not only

deepen your commitment, you also give them an opportunity to help you.

tip 6 **Learn from the past** If you've tried to quit before and couldn't, use that experience to make

your next attempt a success.

Did you go back to smoking last time because:

- You couldn't handle the cravings
- You constantly found yourself in situations that triggered smoking
- You were with people who smoked
- You felt you gained weight
- Look at your answers and ask yourself what you can do differently this time to make it easier

Tips 1 through 4 can help!

tip 7

Set a quit date Now it's time to pick your quit date! Any less-stressful day in the next three weeks will do. Be sure to mark it on your calendar. You're much more likely to start your quit day if it's written down.

tip 8 **Motivate yourself with positive thoughts**
Congratulations!

You stopped smoking! Now battle any negative thoughts you have with constructive ideas, like "I'm looking forward to being free of these cigarettes, lighters and matches" and "I really don't need a cigarette to have a good time at a party".

