

BUILD YOUR QUIT PLAN

Source: www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/quit-plan.html



Pick A Quit Date

Sooner is better than later. Many smokers choose a date within two weeks to quit smoking. This will give you enough time to prepare. Avoid choosing a day where you know you will be busy, stressed, or tempted to smoke



Identify Your Smoking Triggers

When you smoke, it becomes tied to many parts of your life. Certain activities, feelings, and people are linked to your smoking. When you come across these things, they may “trigger” or turn on your urge to smoke. Try to anticipate these smoking triggers and develop ways to deal with them.



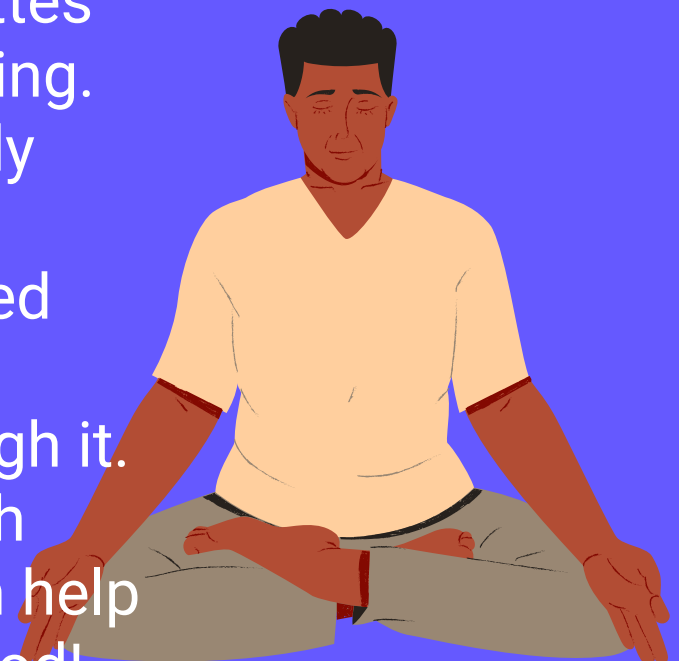
Let Loved Ones Know You Are Quitting

Quitting smoking is easier with support from important people in your life. Let them know ahead of your quit date that you are planning to quit. Explain how they can help you quit. We all need different things, so be sure you let friends and family know exactly how they can help



Develop Coping Strategies

Nicotine is the chemical in cigarettes that makes you addicted to smoking. When you stop smoking, your body has to adjust to no longer having nicotine in its system. This is called withdrawal. Withdrawal can be unpleasant, but you can get through it. Developing strategies to cope with withdrawal ahead of your quit can help ensure you stay smokefree for good!



Remove Reminders of Smoking

Getting rid of smoking reminders can keep you on track during your quit. Smoking reminders can include your cigarettes, matches, ashtrays, and lighters. It may also help to make things clean and fresh at work, in your car, and at home. Even the smell of cigarettes can cause a cigarette craving.



Have Places You Can Turn to For Immediate Help

Quitting smoking is hardest during the first few weeks. You will deal with uncomfortable feelings, temptations to smoke, withdrawal symptoms, and cigarette cravings. Whether it's a quitline, support group, or good friend, make sure you have quit smoking support options available at all times.



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Identify Your Reasons to Quit Smoking

Everyone has their own reasons for quitting smoking. Maybe they want to be healthier, save some money, or keep their family safe. As you prepare to quit, think about your own reasons for quitting. Remind yourself of them every day. They can inspire you to stop smoking for good.



Set Up Rewards for Quit Milestones

Quitting smoking happens one minute, one hour, one day at a time. Reward yourself throughout your quit. Celebrate individual milestones, including being 24 hours smokefree, one week smokefree, and one month smokefree. Quitting smoking is hard, be proud of your accomplishments.

