

Five Keys for Quitting

Your Quit Plan



1. Get Ready

- Set a quit date and stick to it—not even a single puff!
- Think about past quit attempts. What worked and what did not?

1. Your Quit Date



2. Get Support and Encouragement

- Tell your family, friends, and coworkers you are quitting.
- Talk to your doctor or other healthcare provider.
- Get group, individual, or telephone counseling.

2. Who Can Help You



3. Learn New Skills and Behaviors

- When you first try to quit, change your routine.
- Reduce stress.
- Distract yourself from urges to smoke.
- Plan something enjoyable to do every day.
- Drink a lot of water and other fluids.

3. Skills and Behaviors You Can Use



4. Get Medication and Use It Correctly

- Talk with your healthcare provider about which medication will work best for you:
 - Bupropion SR (available by prescription)
 - Nicotine gum (available over-the-counter)
 - Nicotine inhaler (available by prescription)
 - Nicotine nasal spray (available by prescription)
 - Nicotine patch (available over-the-counter)
 - Nicotine lozenge (available over-the-counter)
 - Varenidine (available by prescription)

4. Your Medication Plan

Medications: _____

Instructions: _____



5. Be Prepared for Relapse or Difficult Situations

- Avoid alcohol.
- Be careful around other smokers.
- Improve your mood in ways other than smoking.
- Eat a healthy diet and stay active.

5. How Will You Prepare?

Quitting smoking is hard. Be prepared for challenges, especially in the first few weeks.

Follow-up plan: _____

Other information: _____

Referral: _____

Clinician

Date