PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

10 Tips to Help You Stay Smoke Free

1. Keep busy! If your mind and body are busy the urge to smoke does not creep up on you.
2. Avoid places where smoking may be. Avoid people who smoke
3. Watch your snacking; weight gain while quitting can be managed.
4. Keep a list of reasons why you want to quit; and then put it somewhere visible.
5. Use medication like Champix or nicotine replacement therapy if you are tempted to smoke.

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6. Call a friend if you are having a craving.
7. Withdrawal symptoms only last a few days, hang in there.
8. Find something else to do with your hands; e.g. toothpick or toy.
9. Keep quitting! Quitting smoking takes practice.
10. Be proud. Each hour, each day you go smoke free is a celebration.

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