PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

SMOKING REDUCTION TIPS

- Keep a smoking record of when and why you smoke. Then, gradually cut out the cigarettes you smoke, from least to most important.
- Set a daily quota of cigarettes. Put only this number in your pack in the morning.
- Delay your first cigarette of the day by half an hour.
- Delay smoking for 15 minutes whenever you have a craving. Taking deep breaths or chewing gum also helps.
- Smoke only half of each cigarette.
- Keep your pack in an inconvenient place, like the cupboard above the fridge or in the closet.
- Wrap your cigarette pack with a rubber band or string. Unwrapping it every time you smoke will remind you that you're trying to quit.
- Stop whatever you're doing — even driving-when you have a cigarette, and think only about your smoking.
- Have a practice quit day. Stop smoking for 24 hours.
- Avoid situations in which you usually smoke and plan activities that don't involve smoking. For example, spend time with your kids without a cigarette.
- Brush your teeth often, especially during a craving.
- Keep on hand celery or carrot sticks, sugar- less gum, …
- Drink lots of water (6-8 glasses per day).
- If you roll your own cigarettes, roll only a few at a time.
- Change the brand you smoke each time you buy a pack.
- Smoke with the opposite hand.

Adapted from *Stop Smoking: A Program for Women*, Canadian Public Health Association, 1999