PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

READY TO QUIT!

The evening before:

- remove smoking triggers from your home, car and work site. This means throwing away ALL of your cigarettes, ashtrays and lighters.
- clean your home and car. Fresh smells and cleanliness are perks of being smoke-free. Fill your car ashtray with peppermints.
- review your strategies for avoiding temptation and coping with withdrawal.

On your QUIT DAY:

- **celebrate your new healthy look!!**
- congratulate yourself - you are a non-smoker!!

After you quit:

- make sure you get enough rest.
- eat a balanced diet.
- bring water and healthy snacks along with you...you'll be less likely to reach for a smoke when you have something better for you at your fingertips.
- cut down on caffeine.

Follow an exercise program

- work off anger and stress with positive physical activities. For example, take a 5-minute walk around the block before reaching for a cigarette.
- stay away from smoking triggers.
- learn and use deep breathing exercises.
- take time to relax and get away from it all.
- avoid thinking or speaking badly about yourself.
- **ignore unneeded worries. Change what you can and accept what you cannot change.**
- put the money you would normally spend on cigarettes in a jar, and spend that money on something enjoyable... like a CD or a movie.

Long term

- remind yourself of your new identity as a non-smoker.
- like you, most people are non-smokers. Surround yourself with non-smokers if you have to be in a tempting situation.
- never allow yourself to think, "One won't hurt," because it will!
- take up healthy hobbies. You'll notice that you can enjoy them now that you have more energy.
- keep track of your successes.
- **reward yourself often!**

Adapted from www.va.gov/smokingmh/resources.html