SO NOW WHAT?

DIFFERENT WAYS TO SUCCEED

You have decided to quit using tobacco. That's GREAT! Keep in mind that there is more than one way to succeed. Know your options….

HELPFUL TIPS	THE GOOD	OTHER OPTIONS
Pledge to quit - pick a quit date.	Your health starts to improve immediately.	
Change your daily routine (e.g. go for a walk when you would normally smoke).	Trying new things is fun and replacing smoking with exercise has additional benefits.	
Make sure you have something to do with your hands and mouth. Keep a smooth stone in your pocket to rub. Eat healthy snacks such as unsalted sunflower seeds, or raw veggies.	This will help keep your hands and mouth busy.	
Call a friend and talk about how you are feeling.	Your friend will want to help and support you.	
Reduce the number of cigs you smoke each day.	You might find it easier to cut back gradually.	
Wait at least five minutes before lighting up and the urge will likely go away.	You'll take control of cravings. It takes longer to smoke a cig then the craving to pass.	
When you feel you need to smoke, sip water slowly.	Water is good for everyone.	
When you would normally smoke, go for a walk or brush your teeth.	You will always have fresh breathe and your dentist will love it.	
What else could you try?		