

RELAPSE:

*For Patients
at Risk For Smoking*

Be Alert For Temptation:

- *Greatest risk is first 2 weeks.*
- *A slip is not a relapse.*
- *A relapse is not a failure.*

Learn From Your Experience:

- *What's helped you succeed so far?*
- *Identify triggers.*
- *Plan how to cope in the future.*
- *Set a new, stress free quit date.*

Consider Additional Options:

- *Try nicotine gum or patch.*
- *Enter a stop-smoking program.*

**Most Smokers Make Several Attempts
Until They Finally Succeed!**



MAINTENANCE:

*For Patients
Trying to Stay Smoke Free*

Keep Your Guard Up:

- *Know your smoking triggers.*
- *Plan ahead for risky situations.*

Learn New Ways To Cope:

- *Practice saying NO to cigarettes.*
- *Take up walking or bicycling.*
- *Use positive thoughts + images.*

Develop Support Networks:

- *Enlist your family's help.*
- *Make a smoke-free friend.*
- *Reward your success.*

Celebrate Your Smoke-Free Life!!!



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