

TIPS TO HELP YOU STAY SMOKE - FREE



WAKING UP

- Change your morning routine (i.e. shower first, eat breakfast then dress).
- Keep a list of reasons for quitting by your bed or post on the mirror. Read daily.
- Sip a glass of juice while you dress.

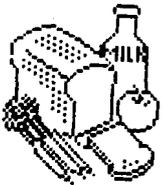


TALKING ON THE TELEPHONE

- Keep a pencil and paper to doodle while you talk.
- Keep gum or mints by the phone.
- Keep something to play with (i.e. beads, playdough, ball) by the phone.

EATING

- Get up from the table soon after you've finished eating and brush your teeth.
- Sit in a non-smoking area in a restaurant. If you're with friends, tell them you're quitting.
- If you are alone, telephone a friend/relative as soon as you've finished eating. Tell them you are trying to quit. Ask for their encouragement and support.



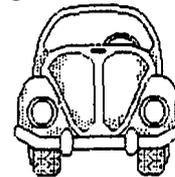
DRINKING COFFEE OR TEA

- Try switching to decaffeinated drinks, particularly if quitting has made you irritable or nervous.
- On coffee breaks, tell people you've quit, drink your beverage and go for a short walk. Invite others to join you.
- Change your routine. Use a different cup, stand instead of sitting, drink in another location.



IN THE CAR

- Turn on your radio and hum or sing.
- Clean the ashtray. Put the picture of a loved one in it. Remove the lighter.
- Keep a low calorie snack handy.



WATCHING OTHERS SMOKE

- Tell friends/co-workers you've quit.
- Move to a different room, away from smokers.
- When you see people smoke, imagine their lungs blackening with each breath. take a deep breath and be proud of yourself for quitting.



REWARDING YOURSELF

- Read a favorite book or magazine. Buy a tape on relaxation or music. Shop for a favorite clothing item.
- Plan to use the money you've saved for a special event.
- Each day, spend some time breathing deeply. Think about how good you are feeling since you quit.



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