

A Personalized Quit Plan For: _____

Want to Crush the Habit?

- Nicotine is a powerful addiction.
- Quitting is hard, but don't give up.
- Many people try several times before they quit for good.
- Each time you try to quit, the more likely you will be to succeed.

Good Reasons for Quitting.

- You will live longer and live healthier.
- The people you live with, especially your children, will be healthier.
- You will have more energy and breathe easier.
- You will lower your risk of heart attack, stroke, and cancer.

Tips to Help You Quit.

- Ask your family, friends and co-workers for support.
 - Breathe in deeply when you feel the urge to smoke.
 - Avoid smoking areas.
 - Get rid of ALL cigarettes and ashtrays in your home and car.
 - Keep yourself busy.
 - Reward yourself often.

You Can **CRUSH** the Habit.

Canadian Cancer Society
SMOKERS' HELPLINE 1-877-513-5333

Canada

NB. anti-tobacco
COALITION
antitabac du N.-B.

YOUR QUIT PLAN

Five Keys for Quitting Smoking

GET READY

- Set a quit date and stick to it—not even a single puff!
- Think about past quit attempts. What worked and what did not?

YOUR QUIT DATE:

GET SUPPORT AND ENCOURAGEMENT

- Tell your family, friends and co-workers you are quitting.
- Talk to your health care provider about quitting strategies.
- Use the Smokers' Helpline's Fax Referral Service or call the Smokers' Helpline directly at:

1-877-513-5333 (TOLL-FREE)

WHO CAN HELP YOU:

LEARN NEW SKILLS AND BEHAVIOURS

- When you first quit, change your routine.
- Reduce stress.
- Distract yourself from urges to smoke.
- Plan something enjoyable to do every day.
- Drink a lot of water and other fluids—avoid caffeine and alcohol.

SKILLS AND BEHAVIOURS
YOU CAN USE:

BE PREPARED FOR RELAPSE OR DIFFICULT SITUATIONS

- Avoid alcohol.
- Be careful around other smokers.
- Improve your mood in ways other than smoking.
- Eat a healthy diet and stay active.

HOW YOU WILL PREPARE:

GET MEDICATION AND USE IT CORRECTLY

- Talk to your health care provider about which medication will work best for you:
 - Bupropion—prescription only.
 - Nicotine gum, nicotine patch, or nicotine inhaler—available without prescription.

YOUR MEDICATIONS:

Follow-Up Plan:

Date: