

TIPS TO STAY QUIT

Congratulations! We're proud of you. You quit using tobacco and now you are in control. Here are some tips to help keep you in control.



- ❖ Keep a calendar. Put a mark on each day you are a NON-tobacco user.
- ❖ Spend time with NON-tobacco users who will support you.
- ❖ Exercise/Walk, (try walking backwards, it helps you to refocus and balance).
- ❖ Drink plenty of water and nonsweetened juices.
- ❖ Eat fresh fruit and nuts.
- ❖ Be prepared, PLAN what you will do and stay in places where you will be tempted to smoke.
- ❖ Remember why you quit using tobacco. Review your reasons for quitting.



Whenever you want to use tobacco, try the FOUR D's:

- ❖ DELAY – The urge will pass whether you use tobacco or not. [2-4 minutes]
- ❖ DEEP BREATHE – Use deep abdominal breathing technique. (Inhale – push the abdomen out, Exhale – let the abdomen relax.) [Deep Breathe 3-4 times]
- ❖ DRINK WATER – [Eight 8-oz. glasses a day]
- ❖ DO SOMETHING DIFFERENT – Change your behavior. Three things to do instead of using tobacco.



KEEP UP THE GREAT WORK!

