

Here are some steps to help you prepare for your Quit Day:

- Pick the date and mark it on your calendar.
- Tell friends and family about your Quit Day.
- Stock up on oral substitutes--sugarless gum, carrot sticks, and/or hard candy.
- Decide on a plan. Will you use nicotine replacement, like the patch or nicotine gum? Will you attend a class? If so, sign up now.
- Set up a support system. This could be a group class, Nicotine Anonymous, or a friend who has successfully quit and is willing to help you.

On your Quit Day, follow these suggestions:

- Do not smoke.
- Get rid of all cigarettes, lighters, and any other items related to smoking.
- Keep active--try walking, exercising or doing other activities or hobbies.
- Drink lots of water and juices.
- Begin using nicotine replacement if that is your choice.
- Attend stop smoking class or follow a self-help plan.
- Avoid situations where the urge to smoke is strong.
- Reduce or avoid alcohol.
- Plan to deal with tough situations and withdrawal
 - Alternatives: Put something else in your mouth, get nicotine another way
 - Activities: Stay busy with other things
 - Deep breathing: When you get the urge to smoke, breathe deeply and picture your lungs filling with fresh, clean air.
 - Delay: If you feel you are about to light up, delay. Tell yourself you must wait at least 10 minutes. This can help you move past the urge.

Congratulate yourself! Quitting is the best things you can do for health!

Adapted from the American Cancer Society www.cancer.org