

signature

date

TOBACCO

I BECAME TOBACCO FREE

4 GET MEDICATION AND USE IT CORRECTLY

Talk with your health care provider about which medicine will work best for you.

5 BE PREPARED FOR RELAPSE OR DIFFICULT SITUATIONS

Avoid Alcohol.
Be careful around other tobacco users.
Improve your mood in ways other than using tobacco.
Eat a healthy diet and stay active.

HELPFUL RESOURCES

American Cancer Society:

1.800.227.2345

www.quitnet.com

www.ucanquit2.org



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The Most Important Reason(s) I Want to be Tobacco Free

1

MY ACTION PLAN: GET READY

Set a quit date and stick to it -
not even a single dip or puff!

Think about past quit attempts.

What worked and what did not?

2

GET SUPPORT & ENCOURAGEMENT

Tell your family, friends and
coworkers you are quitting.

Talk to your doctor or other
health care provider.

Get group, individual, or
telephone counseling.

3

LEARN NEW SKILLS & BEHAVIORS

When you first try to quit, change your routine.

Distract yourself from urges to use tobacco.

Plan something enjoyable to do every day.

Drink a lot of water and other fluids.

Reduce stress.