**Stop Smoking Tips List**



Use the following list of tips to help you through your stop smoking journey.

Always

* Remember your reasons for quitting.
* Remember, you are stronger than your cravings. You can do this!
* Instead of saying "I'm quitting". Say "I quit". It leaves less room for excuses and temptation.
* Practice saying "No" to those who may ask if you'd like to smoke.
* Distance yourself from those who do not respect your desire for a healthier life.
* Reward yourself when reaching small and large milestones in this journey.
* If you stumble, get back up. Tomorrow is a new day.
* Have things available to put in your mouth; hard candy, fresh fruit or veggies, a straw or toothpick, etc.

At home

* Remove any items associated with smoking - lighters, ash trays, etc.
* Wash drapery, cupboards, floors, walls and bedding, if necessary, to remove the smoke smell.
* Change your routine, if necessary, to eliminate triggers.
* Tell family members you quit so they can help you stay strong when you struggle.
* Remember, you are stronger than your cravings. You can do this!
* Get plenty of sleep.
* Take a walk instead of smoking after a meal, while talking on the phone or having a cup of coffee.
* Post photos or create a vision board as visual reminders of why you quit.
* Take up a craft to keep your hands busy.
* Play games, physically or on your computer or phone to keep yourself busy.

Away from Home

* Only visit non-smoking friends during the first few months after quitting.
* Carry a bottle of water with you to not only keep you hydrated but to keep your mouth and hands busy too.
* If you normally smoke on your lunch break, go for a short walk or have lunch away from where others are smoking.
* Skip the bar scene for a while and instead go to a movie or other place that you enjoy, that keeps your attention but doesn't give you the urge to smoke.
* Change your routine. Take a different route to and from work or other locations. It'll keep your mind busy with new surroundings.
* If you're away from home and feel tempted, step outside, take a walk and drink something cold and refreshing like lemonade or orange juice. The urge should pass in 5-10 minutes.