

# Quit Tips

- 1** Don't quit quitting. If you slip up, try again and again until you are successful.
- 2** Pick a quit date. Don't smoke on that day no matter what happens.
- 3** Ask a family member or friend to help you through those moments when you feel like smoking.
- 4** Be sure to get rid of all your smoking materials, such as cigarettes, ashtrays, and lighters before your quit date.
- 5** If you're making another attempt to quit smoking, think about what didn't work before. Develop a plan that will help you make your attempt more successful this time.
- 6** Make a list of all your reasons for quitting. When you feel the urge to smoke, take out the list and read it.
- 7** Put the money you would spend each day on cigarettes in a piggy bank. Use it to reward yourself for staying smoke-free.
- 8** Go to places where you know you will not be allowed to smoke, like the mall, the movie theater, or the library.
- 9** Stay busy. Garden, write a letter, or start that project you've been meaning to get to.
- 10** Remember that the urge to smoke will go away in just a few minutes. You can make it through!

1-800-207-1230



Partnership For A Tobacco-Free Maine  
Maine Department of Health and Human Services  
Maine Center for Disease Control and Prevention

THE MAINE TOBACCO HELPLINE