

Making a Quit Plan

Set a Quit Date:

- ✓ Pick a day that is meaningful but not too stressful. Setting a quit date increases the quit rates from 8% - 12%.
- ✓ Before the quit, practice being smoke-free in certain places such as work, home, or in the car.

Establish a Social Support System:

- ✓ Identify and ask for support from friends, family, and coworkers.
- ✓ Identify empathetic and sympathetic people to provide positive encouragement during difficult times.
- ✓ Offer encouragement and support. Educate about quitting being a process, that it may require effort, but can be successful.

Develop Problem-Solving and Coping Skills:

- ✓ Prior to quit day, identify challenges, barriers, or roadblocks to staying quit and prepare for them.
- ✓ Review past quit attempts and learn from those experiences.
- ✓ Identify trigger situations that increase the desire to use tobacco. Include events, places, moods, or activities. Plan alternatives to these situations such as walking in the morning instead of having a cup of coffee (and a cigarette as usual).
- ✓ Plan for how to deal with cravings and urges to use tobacco.
- ✓ Plan to avoid places where tobacco is used. Find enjoyable smoke-free activities.
- ✓ Find hobbies or activities to keep hands busy and mind distracted.
- ✓ Avoid alcohol. There is a strong association between alcohol and smoking.
- ✓ Eat healthy foods (popcorn, fruits, low – sugar cereals, etc.). Avoid junk food and too much caffeine.
- ✓ Learn new ways to relax.
- ✓ Tell yourself you can be smoke-free and believe it!

Have Medication Information:

- ✓ Consider using medication, and learn about the choices. Ensure knowledge about how to use it correctly.
- ✓ Discuss with a healthcare provider about which medication is best.
- ✓ Check with insurance company to see if medications are covered, if appropriate.

Have Self – Help Materials:

- ✓ Additional materials are helpful when combined with brief messages.
- ✓ Be sure materials are user-friendly, concise, and stage-appropriate.
- ✓ There are many wonderful Web sites available. Have a list on hand.
- ✓ Your local community program and the Maine Tobacco HelpLine are excellent resources.