

# QUIT READY, QUIT RIGHT

## How to Stick to Your Quit Smoking Plan

### TRY ONE TIP FOR STAYING BUSY:

- Get outside and enjoy the summer air.
- Chew sugar free gum or suck on a peppermint.
- Relax with deep breathing.
- When you get the urge to smoke, drink a glass of water.
- Keep your hands and mind busy with a stress ball or a crossword puzzle.



### TRY ONE TIP FOR AVOIDING TRIGGERS:

- Throw away your cigarettes, lighters and ash trays if you haven't already.
- Avoid caffeine, which can make you feel jittery.
- Change your routine to avoid smoking associations.
- Spend time with non-smokers.
- Get plenty of rest. Being tired can make you want to smoke.



For more great tips visit [www.healthycommunityalliance.org](http://www.healthycommunityalliance.org)