

The following steps will help you create your own customized quit plan. As you move through the steps, keep a record of your plan and have it readily available.

Discussed picking a Quit Date: Yes ___ Not Yet ___

Sooner is better than later.

Next Step: Circle your quit day on patient calendar. Write it out somewhere where you will see it every day. This will remind you of your decision to become smoke free and prepare you to quit.

Identify Your Reasons to Quit Smoking

Everyone has their own reasons for quitting smoking. Maybe they want to be healthier, save some money, or keep their family safe. As you prepare to quit, write down your own reasons for quitting.

Next Step: Make a list of all the reasons you want to quit smoking. Keep it in a place where you can see it every day. Any time you feel the urge to smoke, review your list. It will keep patient motivated to stay smoke free.

Let Loved Ones Know You Are Quitting

Quitting smoking is easier with support from the important people in your life. Let them know ahead of your quit date that you are planning to quit. Explain how they can help with your success. We all need different things, so be sure to let friends and family know exactly how they can help.

Next Step: Support is one of the keys to successfully quitting. However, it can be hard to ask for help, even from the people closest to you. Review tips on getting support with your provider to make sure you get the help you need.

Remove Reminders of Smoking

Getting rid of smoking reminders helps keep you on track. Smoking reminders can include cigarettes, matches, ashtrays, and lighters. It may also help to make things clean and fresh at work, in your car, and at home. Even the smell of cigarettes can cause a cigarette craving.

Next Step: Throw away all patient cigarettes and matches and ashtrays. Don't save one pack of cigarettes "just in case."

Identify Smoking Triggers

Smoking has become tied to many parts of your life. Certain activities, feelings, and people are linked to smoking. When you come across these things, they may "trigger" or create an urge to smoke. Try to anticipate these smoking triggers and develop ways to deal with them.

Next Step: Make a list of everything that makes you feel like smoking. Now, write down one way you can deal with or avoid each item on patient list. Keep this list nearby during patient quit. Having trouble with patient list? Find examples of ways to deal with smoking triggers online or talk with your healthcare provider.

Develop Coping Strategies

Nicotine is the chemical in cigarettes that makes patient addicted to smoking. When patient stop smoking, patient body must adjust to no longer having nicotine in its system. This is called withdrawal. Withdrawal can be unpleasant, but YOU CAN get through it. Developing strategies to cope with withdrawal ahead of patient quit can help ensure patient stay smoke free for good!

Next Steps: Medications will be managed by your provider. Medications and behavior changes can help manage the symptoms of withdrawal. Many quit smoking medications are available over the counter. Make sure you have them on hand prior to your quit date. While medications will help, they can't do all the work for patient. Develop other quit smoking strategies to use with medications. Remember that withdrawal symptoms, including cravings, will fade with every day that patient stay smoke free. It typically takes 72 hours to flush the nicotine out of your body. The next few days are the most challenging. Inform your support system of this so they can be there for you. Also knowing when the challenges can occur will improve your success.

Have Places You Can Turn to For Immediate Help

Quitting smoking is the most challenging during the first few weeks. Patient will deal with uncomfortable feelings, temptations, withdrawal symptoms, and cravings. Whether it is a quit line, support group, or good friend, make sure you are aware of quit smoking support options available at all times.

Next Steps: Plan on using multiple quit smoking support options. Keep them handy in case the patient need them during patient quit. Here are a few options patient may want to consider:

- Support Groups: Visit state government's website to see if they offer quit smoking programs in patient area. <https://www.coconino.az.gov/250/Tobacco-Use-Prevention>
- SmokefreeTXT: A mobile text messaging service designed for adults across the United States who is trying to quit smoking.
- Quitlines: If patient want to talk to a quit smoking counselor right away, call 1-800-QUIT-NOW (1-800-784-8669).
- Quit Smoking Apps: Mobile phone applications can help patient prepare to quit, provide support, and track patient progress.
- Friends and Family: Getting support from the important people in patient life can make a big difference during patient quit.

Medications: If you are using a quit smoking medication, such as the patch, gum, or lozenges, make sure patient have them on hand.

Set Up Rewards for Quit Milestones

Quitting smoking happens one minute, one hour, and one day at a time. Reward yourself for every little win throughout quitting process. Celebrate individual milestones, including being 24 hours smoke free, one week smoke free, and one month smoke free. Quitting smoking is challenging, be proud of patient accomplishments.

Next Steps: Be proud every time a quit smoking milestone is met. Plan out milestones ahead of time and set up a smoke free reward for each one.