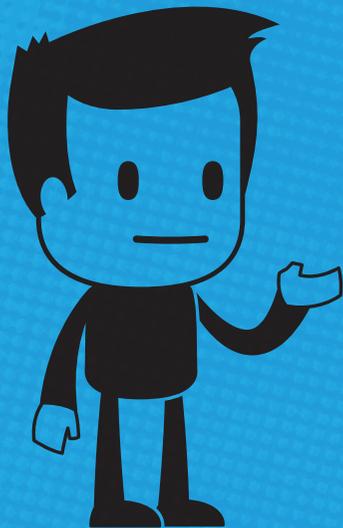


My quit plan

Tips to quit and stay quit



Make a plan and start new routines that help

Smoking habits are often tied to certain activities, places or people. These are known as smoking triggers.

Knowing your triggers can help you figure out ways to change trigger situations.



Having coffee



After eating



With alcohol



With friends



On the phone or tablet



First thing in the morning



Feeling angry



Feeling anxious or stressed



Feeling bored



Just before bed

Instead of smoking

You could

First thing in the morning

- Have a shower
- Brush your teeth
- Go for a walk

With alcohol/coffee

- Drink tea instead
- Hold your drink in your smoking hand

With another smoker

- Chew gum or drink from a water bottle
- Stay inside or away from areas you used to smoke

After lunch/dinner

- Clean up straight away
- Go for a walk

Just before bed

- Have a hot drink
- Read a book

When anxious or stressed

- Talk to a mate
- Exercise
- Play a game on your phone

When feeling bored

- Call a friend
- Exercise or go to the gym
- Tidy the house

Think of it as a five minute window to fill. You might need to try a few different things to find something that works for you.

