

Creating a Quit Tobacco Plan

You wouldn't drive across country without having a plan or go to the grocery store without a list.

Quitting tobacco is just the same. You need to have a plan to be able to quit and quit successfully.

Follow this checklist to help you create and follow a plan to quit using tobacco.

Do: Make a list of your reasons to quit. Some reasons maybe cost, family, inconvenience, and your health. This will help you focus on exactly why you want to quit.

Do: Set a quit date. This will give you time to get your environment ready to be tobacco free.

Do: Identify why you use tobacco. Using tobacco is a very complex behavior and people do it for different reasons and many times a combination of those reasons.

Do: Keep a tobacco diary for a few days. This will help you to identify your triggers, the things that cause you to use tobacco.

Do: Identify coping strategies. These are things that you can do to try to give you the same feeling that using tobacco did, such as relaxation, or exercise, without actually using tobacco.

Do: Make a plan with your healthcare provider ahead of your quit date for ways to cope with symptoms of withdrawal.

Do Not: Reach for tobacco when you have a trigger. Take a walk, have some gum. Do something else.

Do Not: Start using tobacco again if you have a slip or a slide. Take it as a one-time thing and go back to being tobacco free again.

Quitting tobacco is hard. Follow this checklist to create a plan to quit.

And once you have your plan, put it into action and quit for good.