

Setting Your Quit Date

Setting a quit date helps you prepare mentally and physically to quit using tobacco.

Make this date within two weeks of your decision to quit, but make sure to avoid setting it around a stressful date, like a move or family event.

"When my mom passed away, and I knew that looking down from up in heavens she would really want me to quit, and I wanted to do that because of what I had heard, that if you lose somebody that is so dear to you, why don't you honor them? I chose her birthdate as the date that I wanted to quit. And many times when a time have come has-- it's been time when I would think about picking up, I would just say "I do not want to lose July 11th."

Before your quit day get rid of all ashtrays and lighters. These are constant reminders of smoking. And get rid of any and all cigarettes and tobacco products you have around the house, in your car, or at work. You don't need them anymore!

You also may want to get rid of the smoke smell around your house and car.

Your healthcare provider may recommend medication to help you quit. Talk with them before your quit date about this option so you have plenty of time to fill your prescription and know how to use the medication.

Some people also benefit from using nicotine replacement products before their quit date.

Pretty soon your quit date will arrive.

Keep your stop smoking aids handy and take them as directed to help you be successful. There isn't any time frame when you need to stop using them. Use them as long as you need to stay quit.

People who don't use tobacco at all on their quit date have a better success rate.

"I stopped smoking this last time permanently about nine months ago. Within three weeks, I no longer desired cigarettes."

Take some time to think about your quit date and what you can do to make it the day you quit tobacco for good.

Setting and reaching your quit date is a big moment. Now you have quit and can start to live a healthier life...