

Plan your strategy to successfully quit smoking

Congratulations on deciding to quit! You have already made a huge step forward! Now it's time to start thinking about your strategy. How will you navigate the challenges ahead or deal with temptations? The better prepared you are, the better your chances to succeed once you do quit. Here are a few things to keep in mind.

You need to know your triggers

Certain things trigger your craving for a cigarette. It might be your morning cup of coffee, after meals, driving or dealing with stress. Knowing your triggers helps you stay in control. Figure out what they are, and then you can devise a plan to deal with them without lighting up.

Separate from your triggers

It might seem hard at first, but the more separation you can put between your triggers and cigarettes, the more you will break the bind that holds them together. In the chart below, write down how you think you can separate from each trigger. For example, if you smoke in the car while driving, the smell of smoke could be a trigger. Treat your car to a day at the detail shop and a new non-smoker smell that can help reduce the urge and beat that trigger!

Track your cigarettes

This will give you a better idea of when and why you smoke. If you better understand the times of day or things that trigger your cravings, you can learn how to deal with them without a cigarette. This will help you become more prepared for the big day when you quit for good!

Smoking is the #1 cause of preventable disease and death!

Smoking and tobacco use are significant risk factors for a variety of chronic disorders. According to the American Heart Association, cigarette smoking is the most important preventable cause of premature death in the United States, accounting for 440,000 of the more than 2.4 million annual deaths.

—www.smokefree.gov

Day	Time	Trigger	How I separated from my trigger	Cigarette Count	Urge Level (light, moderate, strong, very strong)
Example					
Mon 4/8	8am	Smoke while driving to work	Will get car detailed to remove smoke smell	3	moderate
Week 1					
Sun					
Mon					
Tues					
Wed					
Thurs					
Fri					
Sat					
Week 2					
Sun					
Mon					
Tues					
Wed					
Thurs					
Fri					
Sat					

Call your health coach if you have questions.

