



Preparing for quit day

- A few weeks before quit day, limit your smoking to only one area or location.
- Clean out your car and clean and deodorize your home.
- Visit your dentist to get your teeth cleaned to remove the tar and nicotine, so you can literally start with a fresh mouth.
- Monitor your alcohol and caffeine consumption before and after your quit date as these can be triggers.
- Get lots of rest leading up to your quit date.
- Drink lots of fluids as this helps with cravings.
- Use healthy oral substitutes such as sugar-free gum, sunflower seeds, celery sticks or raisins.
- Review your reasons for quitting and post somewhere.
- Plan activities for your first week of quitting to keep busy.
- Occupy your hands with toothpicks, pencils, rubber bands or stress balls.
- Be aware of all triggers around you.
- Plan for how to manage your triggers.
- Never** allow yourself to think one cigarette will not set you back as it will. Many smokers relapse when they think they can control their smoking by just having one or two.
- Use your support system and ask for help.
- Remain in counselling for smoking cessation.