

Get Ready to Stop Smoking!

My Quit Plan

Step 1: Choose your quit date.

My quit date is: _____

When deciding on your quit date, timing is important. Consider choosing a date that is sooner rather than later, such as within the next few weeks, to kick-start your quit journey. Keep in mind that there is never a perfect time to quit; however, you will want to choose a time that is not particularly stressful to keep the odds of success in your favor.

Step 2: Think About Your Reasons to Quit Smoking

Put together a list of all the reasons why you want to quit smoking. Make the list as long as you can. Consider things like health reasons, loved ones, your appearance, your self-image, money savings, etc. Remember that any reason counts, as long as it matters to you.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Step 3: Get To Know Yourself.

What are your smoking triggers?

To successfully quit smoking, it's important to understand what kind of smoker you are. What are your habits and triggers? Taking the time to identify how smoking is part of your life will help you determine the types of support you will need to successfully quit.

Complete the *What are Your Smoking Triggers?* worksheet.



Step 4: Talk to Your Health Care Provider

Research shows that using nicotine replacement therapies, like gum or patches and/or non-nicotine prescription medications, can reduce cravings, provide significant relief from withdrawal symptoms, and increase success rates. Talk to your health care provider about your available options.

I've made an appointment with my health care provider to talk about my options for quitting smoking on:
_____ at _____ a.m./p.m.

Questions for my health care provider: _____

Step 5: Explore available tools and support options to help you along the way.

Check out some of these additional resources:

Online and Phone Resources to Help You Quit

- ▶ CDPHP Smoking Cessation Resources: www.cdphp.com/quitsmoking
- ▶ New York State Smokers' Quitline: www.nysmokefree.com or 1-866-NYQUITS (1-866-697-8487)
- ▶ American Lung Association's Freedom from Smoking Program: www.ffsonline.org
- ▶ CVS Pharmacy Quitting Smoking Resources: www.cvs.com/quit-smoking

Mobile Apps to Help You Quit

- ▶ Visit <https://qunity.nysmokefree.com> for information about personalized messaging options.
- ▶ Visit www.quitforlifeapp.com to get access to free mobile tools.
- ▶ Visit <http://smokefree.gov/smokefreetxt> to sign up for texts for encouragement, advice, and tips.

Step 6: Manage Your Stress with Healthy Lifestyle Choices

Some people find it helpful to start a new, healthy habit when giving up cigarettes. For example, walking, meditating, or taking up a hobby you've always wanted to try are great ways to manage stress and stay positive while quitting. Setting a SMART Goal can help you get started.

EXAMPLE:

My new, healthy habit will be: walking

How long: for 20 minutes

I will practice this habit:

How often: M - F

When: after work

My new, healthy habit will be: _____

I will practice this habit:

When: _____

How long: _____

How often: _____