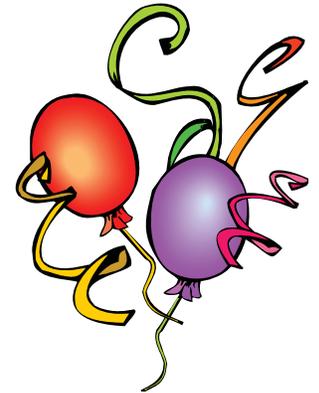


# Celebrating Quitting and a Tobacco-Free Lifestyle



**Quitting smoking is something to celebrate! Although there will be some challenging times, you have made an important decision to live a healthier lifestyle!**

## **Stay Positive**

- ✓ Quitting smoking is one of the best things you can ever do for your body.
- ✓ It is an amazing accomplishment to quit smoking.
- ✓ You should be very proud of trying to quit.

## **Focus on your goals**

- ✓ Write down your personal reasons for quitting
- ✓ Hang them on your refrigerator and keep them in your wallet and look at them as often as possible.

## **Give yourself personal rewards**

- ✓ Celebrate quitting smoking as often as you can
- ✓ Give yourself small rewards: a small gift or treat
- ✓ Low cost rewards are things you find pleasant: a bubble bath, an enjoyable book, a bike ride, listening to your favorite music

## Remember the social rewards

- ✓ Imagine yourself telling people you are a nonsmoker
- ✓ Ask for a nonsmoking table in a restaurant
- ✓ Attend non-smoking bingo
- ✓ Give tips to a friend about how to quit smoking,
- ✓ Imagine other people coming to you saying WOW! how did you do it?!

## A TOBACCO-FREE LIFESTYLE

Maybe you have quit smoking many times before and eventually started smoking again. At this point, you understand that it's not just quitting that's important but **STAYING QUIT**, which can be difficult. Staying quit is the final, and most important, stage of the quitting smoking process. You can use the same methods to stay quit as you did to help you through withdrawal. Think ahead to those times when you may be tempted to smoke, and plan on how you will use alternatives and activities to cope with these situations.

More dangerous, perhaps, are the unexpected strong desires to smoke that occur sometimes months (or even years) after you've quit. To get through these without relapse, try the following:

- ✓ Review your reasons for quitting and think of all the benefits to your health, your finances, and your family.
- ✓ Remind yourself that there is no such thing as just one cigarette - or even one puff.
- ✓ Ride out the desire. It will go away, but do not fool yourself into thinking you can have just one.

## REWARD YOURSELF!

List some things you can do to reward yourself weekly as you quit smoking? **(Remember, you can use some of the money you would normally spend on cigarettes to do something nice for yourself!)**

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**What are 3 things you can do to maintain a tobacco-free lifestyle?**

1. 

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2. 

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3. 

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