



Tips to quit smoking

Here are six techniques to help you succeed!

- 1 Choose a quit day.** That day can be your birthday, an anniversary, or New Year's Day. Choosing a day helps you prepare and ensure a higher quitting success.
- 2 Get support.** Telling someone or seeking support from a group of former smokers gives you the encouragement you need and increases your chance for success. You do not have to feel alone in your quitting journey.
- 3 Use a quitting aid if you can't quit cold turkey.** Always aim to quit cold turkey. If you experience difficulty, seek medical help for possible nicotine replacement therapy (NRT) like patches, gums or sprays. If all else fails, try viable alternatives like vape products to help you transition.
- 4 Spring clean.** Remove and throw away everything that reminds you of smoking. Make your home, car, and place of work smoke-free.
- 5 Identify your triggers.** List down all the things that involve smoking and make a plan of action on how to deal with or avoid these situations. Say hello to a better you!
- 6 Commit.** Commitment is key to make your decision to quit a success. Take it one hour at a time. One day at a time. Before you know it, you are one week, month, and a year free from the habit!