



Yes! I'm Ready to Quit!

The single most important thing you can do to protect your health is to stop using tobacco.
All you need is a plan of action and a little help from people who care about you.

No two tobacco users are the same. Find a way to quit that works for you.

This guide can be your Quit Plan.

If you take a few minutes to write down your Quit plan, you can be in control.

The first few days and weeks are the hardest when you're trying to quit. It's good to talk to family, friends and health care providers about your plan. Many workplaces have free or low-cost ways to help you quit. The Texas Tobacco Quitline **1-877-YES-QUIT (937-7848)** is free and available 24/7 to help with your quit journey.



Nicotine is a powerful and extremely addictive substance. Medications make quitting easier and may double your chance of quitting for good! Here is a list of medications that can help:

- Nicotine patches (prescription and over the counter)
- Nicotine gum (over the counter)
- Nicotine inhaler (prescription)
- Nicotine lozenge (over the counter)
- Nicotine nasal spray (prescription)
- Bupropion SR (prescription)

My Quit Plan

Set your quit date within the next two weeks.

If you use tobacco mostly when relaxing or socializing, pick a weekday. If you use tobacco mostly at work, pick a weekend day or start during a vacation.

My Quit Date is on: _____

Once you pick the day, stick to it!

Identify your personal reasons for quitting. Is it to feel better? To set a good example for your kids? To save money?

My reasons for quitting are: _____



Strategies for overcoming cravings.

What makes you want to use tobacco? Is it stress, being around other smokers, or drinking alcohol? Make a plan on how to avoid these situations.

Ask for help.

Help is available from the Texas Tobacco Quitline at **1-877-YES-QUIT (937-7848)**. Also, think of family members, friends and co-workers who can help you. Tell them about your plan to quit and ask them to help you stay tobacco-free.

Talk to your healthcare provider.

Medications can help you quit using tobacco. If you use tobacco steadily throughout the day, the nicotine patch might be right for you. If you use tobacco when you're under stress, gum or spray may work better.

Want to use tobacco? Wait a minute.

Tobacco cravings can fade in about 20 minutes time. After two weeks, cravings are less frequent. Adding new ways to handle stress or new hobbies can cut back on cravings even more.

This guide can help you quit tobacco, but you need to create a plan and get others to help you. No two tobacco users are the same, so the Quit Plan you create is up to you. Quitting isn't easy, but more than a million people in the U.S. find a way to quit each year!

Quitting takes time.

You may not succeed the first time you try to quit. But don't give up! Try a different way next time. You'll find your way to a smoke-free life.

Ask for Help.

Successful quitters gain the support of family and friends and take advantage of counseling programs. The Texas Tobacco Quitline has trained counselors that are available when you need them. They talk to you about your needs and how to make a quit plan that works best for you and it's free! Call **877-YES-QUIT** or visit **yesquit.org**.

Withdrawal Symptoms and How to Fight Back

"I'm cranky and stressed."

Cut back on caffeine. Take 10 deep breaths. Go for a walk.

"I can't sleep."

Take a warm bath. Drink herbal tea or warm milk before bed. Read. Turn off your cellphone or computer.

"I'm having trouble concentrating."

Slow your schedule down for the first two weeks. Make "to do" lists and stick to them. Take breaks when you need to.

"I'm hungrier than usual."

Drink more water. Eat healthy, filling foods high in protein. Snack slowly on fruits or vegetables.

"I'm constipated."

Eat more fresh fruit, vegetables and whole grains. Bring a water bottle everywhere you go and try to drink 4-6 8 oz. glasses a day.

"My throat is scratchy/sore."

Sip ice water or warm tea. Keep some sugar-free candy in your pocket.

"I'm more tired than normal."

Take a quick nap when you can. Go to bed early. Listen to your body and try not to push yourself for the first two or three weeks.