

Safety Tips - Top 10 Tips to Quit Smoking

Quit Smoking



Butt it out!

The task of quitting smoking is a process, not an event, and with planning, practice and persistence, you can free yourself from your addiction.

10 Tips to Help Reduce Your Risk

1. Make your car, home and office completely smoke free. Write down the pros and cons of smoking for your health, your family, your social life, your finances and your mental health.
2. Smoke only ½ the cigarette or change to a brand that you do not like.
3. Delay the time between each cigarette. Only smoke the cigarettes you "must have" and see if you can drop the rest.
4. Chew gum, sugar free candies or have a low fat low sugar snack when having a craving.
5. Identify your triggers; find out which activities you link with smoking such as dealing with boredom, hunger, drinking alcohol or coffee. Avoid these triggers and others such as smoking environments.
6. Change your routines (go for a walk after meals instead of having a cigarette).
7. Drink lots of non-alcoholic fluids, especially water
8. Implement other coping strategies to deal with stress like deep breathing. Try keeping a smoke diary and write down everytime you get a craving and how you are feeling at that particular time.
9. Enlist support from friends, family, or join CAMH's Nicotine Dependence Clinic.
10. Identify a professional who can provide counselling either by phone or in person.

**Call the Smokers Helpline at
1-877-513-5333 for added support**

