



TIPS TO QUIT TOBACCO:

- **MAKE A QUIT PLAN AND KNOW YOUR TRIGGERS.** The Indiana Quitline, 1-800-Quit-Now, can refer you to a quit coach who can help you with your plan.
- **GETTING HELP THROUGH NICOTINE REPLACEMENT THERAPIES,** such as patches, gums, and lozenges, greatly improves your chances of success.
- **HAVING A CRAVING? DELAY!** If you feel like you're going to give in to a craving, tell yourself that you have to wait 10 more minutes and then do something to distract yourself. Most cravings only last a couple of minutes. Stock up on oral substitutes - sugarless gum, carrot sticks, hard candy, cinnamon sticks, coffee stirrers, straws, and toothpicks to distract your hands/mouth.
- **GET ACTIVE!** Start being active at least 2 weeks before your quit date. It will help relieve any stress you're going through and can help prevent weight gain. By quitting, you will start feeling better, looking better, and breathing easier.
- **IF YOU SLIP UP, THAT'S OKAY.** It takes most people multiple times to quit successfully. Each quit attempt can provide valuable lessons to help you eventually quit for good.

REMEMBER IT IS NEVER TOO LATE TO QUIT!

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