

Your Quit Day **Action Plan**

Quitting smoking has been on your mind for a while, and now you're ready to make it happen. Your quit plan is at the ready. And the day you chose to start your action plan is coming up fast. Yes, quitting can be tough, but you're tougher. Here are a few tips to help you get through the first day of the rest of your life as an ex-smoker:

1. Ask for support

Whether you seek help from good friends and family, a health coach, support group, doctor, or a quitline, be sure you have your support team in place before you start your quit plan. Let them know how they can help you on your first day and beyond. Your needs may change as you progress through your plan. Having the right support is pivotal to your short- and long-term success.

2. Stay active

Put together a full day of nonsmoking activities. Do things that distract you and help you relax. Journal, meditate, listen to music, or take a warm bath. Go to the movies, get a massage, or take a fitness class. Keep your hands and mouth busy, too. Gum, crunchy raw veggies, crafting, gardening, or playing an instrument may be helpful options for you.

3. Keep away from triggers

These can be places, situations, people, and objects that prompt you to smoke. There may come a time when these are no longer triggers for you. Until that day comes, it's best to keep them at bay. This is key on your quit day and in the early phases of your quit plan when cravings and withdrawal symptoms can be most intense.

4. Stay mindful of your reasons for quitting

Let those reasons inspire you to stay quit. You may want to boost your health, improve your looks, enhance your self-esteem, or save money. Or you may have some other reason, such as quitting for your children or spouse.

5. Engage your quit plan

Your quit plan may include behavioral counseling, lifestyle strategies, and medicines to ease withdrawal symptoms like cravings. Let your doctor know what progress you're making and what challenges you've faced. Together, you can work on changing your quit plan as needed to help you achieve success.

By starting your action plan, you've already reached your first major milestone toward better health. Kudos to you! If you slip up, see it as just that. Learn from your mistake. Think about why you smoked again and what triggers sparked you to do so. Then adjust your quit plan accordingly. The key is to get back on your quit path and not to give up!