

## Tobacco Cessation: Ready, Set, Go

### Preparing to stop:

- List the reasons you want to stop, and repeat one of them 10 times before bed.
- Get into physical shape: exercise, drink water, and get plenty of rest.
- Set a stop date and tell friends and family.



### Just before stopping:

- Think of stopping in terms of one day at a time.
- Make it hard to get – stop carrying cigarettes, dip, or other tobacco products with you.



### The day you stop, remove the sights and smells of smoking:

- Clean your teeth.
- Air out your house.
- Clean your car.
- Discard ashtrays, lighters, and matches.
- Clean your clothes.

### As you progress:

- Stay busy: go to the movies, take a long walk, or go bike riding.
- Refuse to allow anyone or anything to change your mind.
- Avoid alcohol – it will weaken your willpower.



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