



## QUICK TIPS

Rx for staying smoke-free

Physician signature \_\_\_\_\_ Date \_\_\_\_\_



Quitline

**1-877-YES-QUIT/1-877-937-7848**

## Problem

## Recommended Options

<input type="checkbox"/> Cough	Sip tea with honey. Suck on cough drops or sugarless hard candy.
<input type="checkbox"/> Dry mouth and sore throat	Sip ice water. Suck on a fruit popsicle. Chew sugarless gum.
<input type="checkbox"/> Headache	Take a warm bath. Go for a stroll.
<input type="checkbox"/> Stained teeth	Call dentist and arrange for a cleaning.
<input type="checkbox"/> Trouble sleeping	Avoid caffeine after 6 p.m. Take deep, slow breaths. Make yourself limp. Concentrate on a peaceful image. Do stretching exercises.
<input type="checkbox"/> Restless, fidgety hands	Do a puzzle. Write a letter. Give yourself a manicure. Fix a healthy meal.
<input type="checkbox"/> Feeling deprived	Reward yourself in some small way: Buy a CD or book. Go to the movies or special event. Call a supportive friend.
<input type="checkbox"/> Weight gain	Eat slowly. Drink more water or low-calorie beverages. Cut back on alcohol. Lengthen your daily exercise.
<input type="checkbox"/> Craving for snacks	Try baby carrots, pickles, sunflower seeds, grapes, raisins, pretzels, rice cakes, cherry tomatoes, toasted pita bread.
<input type="checkbox"/> Craving cigarette after dinner	Treat yourself to a mint or cup of flavored tea with honey.
<input type="checkbox"/> Feeling sad	Call a friend. Go to the park or beach. Watch a “feel-good” movie. Talk to your doctor if feelings of sadness persist.
<input type="checkbox"/> Feeling tense and confused	Start a “quitter’s” diary. Finish an overdue project. Soak in a bubble bath. Take a long walk.
<input type="checkbox"/> Irregularity	Eat more fresh fruit, vegetables and whole grains. Drink 6 to 8 glasses of water a day.
<input type="checkbox"/> Feeling tired	Take a short walk. Do stretching exercises.
<input type="checkbox"/> Strong craving for a smoke	Take two deep breaths. Inhale slowly and hold it, then exhale slowly. Call a friend.
<input type="checkbox"/> Inability to concentrate	Simplify your schedule for a few days.
<input type="checkbox"/> Friends smoke	Ask them not to smoke in your presence. Create a smoke-free workplace and home.
<input type="checkbox"/> Can't stop thinking “one won't hurt”	It will! Hold out five minutes. 10 minutes. 15 minutes. Wash your hands and brush your teeth.
<input type="checkbox"/> Invited to a party with smokers	Don't go, or plan to socialize with the non-smokers at the party.
<input type="checkbox"/> Feeling uncaring about your health	Take out and study pictures of family and friends. Plan to be around for their graduations, weddings, grandchildren.
<input type="checkbox"/> Smell of smoke creates craving	Wash all your clothes. Bring your car to a professional detailer. Frequent places where smoking is prohibited.
<input type="checkbox"/> Difficulty staying motivated	Write down your most important reason for quitting and post it where you can see it throughout the day.
<input type="checkbox"/> Feeling defeated at a relapse	Strengthen your resolve: Most people make repeated attempts to quit before they are successful.