



## Making a quit plan

Quitting takes hard work and a lot of effort, but you can quit smoking. You can use this guide to make a quit plan. Talk to your doctor for support and advice.

A Personalized Quit Plan for (Name): \_\_\_\_\_

### Want to Quit?

- ✓ Nicotine is a powerful addiction.
- ✓ Quitting is hard, but don't give up.
- ✓ Many people try a number of times before they quit for good.
- ✓ Each time you try to quit, the more likely you will be to succeed.

### Good Reasons for Quitting:

- ✓ You will live longer and live healthier.
- ✓ The people you live with, especially your children, will be healthier.
- ✓ You will have more energy and breathe easier.
- ✓ You will lower your risk of heart attack, stroke, or cancer.
- ✓ You will save money.

### Do you need more support?

Please call Alliance Health Programs

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4577**

Toll-Free: **1.855.891.9169**

People with hearing and speaking impairments

(CRS/TTY): **711/1.800.735.2929**

[www.alamedaalliance.org](http://www.alamedaalliance.org)

### Tips to Help you Quit:

- ✓ Get rid of ALL cigarettes and ashtrays in your home, car, or workplace.
- ✓ Ask your family, friends, and coworkers for support.
- ✓ Stay in nonsmoking areas.
- ✓ Breathe in deeply when you feel the urge to smoke.
- ✓ Keep yourself busy.
- ✓ Reward yourself often.



1. Get ready.



- ✓ Set a quit date and stick to it — not even a single puff!
- ✓ Think about past quit attempts. What worked and what did not?

2. Get support and encouragement.



- ✓ Tell your family, friends, and coworkers you are quitting.
- ✓ Talk to your doctor or other health care provider.
- ✓ Get group, individual, or telephone counseling.

3. Learn new skills and behaviors.



- ✓ When you first try to quit, change your routine.
- ✓ Reduce stress.
- ✓ Distract yourself from urges to smoke.
- ✓ Plan something enjoyable to do every day.
- ✓ Drink a lot of water and other fluids.

4. Get medication and use it correctly.



- ✓ Talk with your health care provider about which medication will work best for you.

- Bupropion SR
- Chantix (varenicline)
- Nicotine gum
- Nicotine inhaler
- Nicotine lozenge
- Nicotine nasal spray
- Nicotine patch

5. Be prepared for relapse or difficult situations.



- ✓ Avoid alcohol.
- ✓ If you are around other smokers, try not to stay around them too long.
- ✓ If you are angry, upset, sad or frustrated, don't smoke! Try other things to feel better, like taking a walk.
- ✓ Eat a healthy diet and stay active.

1. Your quit date:

\_\_\_\_\_  
\_\_\_\_\_

2. Who can help you?

\_\_\_\_\_  
\_\_\_\_\_

3. Skills and behaviors you can use:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Your medication plan:

Medication: \_\_\_\_\_  
\_\_\_\_\_

Instructions: \_\_\_\_\_  
\_\_\_\_\_

5. How will you prepare?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_