

# Helpful Tips for Quitting Tobacco

- ◆ If you think they will be supportive, tell your family, friends, and coworkers that you are quitting tobacco
- ◆ Tell them your quit date
- ◆ Clean your house, car and place of work
- ◆ Begin to throw away all your tobacco products and equipment
- ◆ Start to delay your first tobacco product for five to ten minutes
- ◆ Eat more fruits and vegetables
- ◆ Start an exercise program (if your doctor allows it)
- ◆ Reduce the amount of contact you have with tobacco users
- ◆ Reduce the amount of time you spend in places where tobacco is used
- ◆ Learn to do deep breathing
- ◆ Do what you can today to avoid stress later
- ◆ Take up a new hobby or activity
- ◆ Make friends with an ex-tobacco user
- ◆ Review your self-help material
- ◆ Consider using medication to help you quit using tobacco
- ◆ Practice what you say when someone offers you tobacco:  
For example: "No, thank you. I have stopped using tobacco."

"Thank you, but I promised I'd stop using it."

- ◆ Make a list of reasons to quit and read it daily
- ◆ And, most importantly, NEVER quit quitting. If you slip up, try again until you are successful.
- ◆ Call the Maine Tobacco HelpLine: 1-800-207-1234