

# 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."
- 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 or visit TheQuitLink.com

THEQUITLINK.COM

1-800-207-1230  
MAINE TOBACCO HELPLINE

Thinking about quitting or ready to quit? Find help here.

MaineHealth  
Center for Tobacco  
Independence

