Planning for Quit Day

☐ Make a list of things to do instead of smoking.

☐ Listen to a relaxation tape or use other relaxation techniques once a day.

☐ Take some quiet time alone this week to prepare for your decision. Write a letter saying good-bye to your cigarettes.

☐ Call your social support.

☐ Keep building your confidence by saying “I CAN QUIT SMOKING”.

☐ Stock up on substitutes for cigarettes.

☐ Clean up all the dirty ashtrays in your house and car.

☐ Clean out all your junk drawers, seasonal equipment (tackle box, golf bag, etc.). Find all smoking materials and bring them next week. Don’t leave any cigarettes near you. It would be too easy for you to give in to the urge if the cigarettes are

☐ If you are planning to use nicotine reduction therapy, be sure to have your prescription filled.

www.purdue.edu/worklife
49-45461 or 49-47707 (EAP)