



Stay Motivated

Make a list of reasons to quit and keep the list where you can see it. Revisit these reasons when you have the urge to smoke or vape.



Prepare Your Environment

Use this time to get rid of any reminders of smoking or vaping around your home. Wash your clothes, get rid of any smoking or vaping supplies and dispose of all your cigarettes or e-cigarettes. Keeping cigarettes, e-cigarettes or lighters "just in case" undermines your self confidence.



Reward Yourself For Not Smoking or Vaping

Set short and long term goals, and reward yourself for each milestone you reach. Making a "contract" with yourself or a friend can help you stay resolved.



Get Moving

Plan ahead for ways to stay active at home when a craving hits. Find free workout videos online. Do yoga, lunges or push-ups in your home. Staying active will keep your mind off of smoking or vaping until the craving passes.



Find Support

Have someone you can call or reach out to when you have the urge to smoke or vape. Share your decision to quit with someone else who can hold you accountable.



Don't Be Discouraged

Many former smokers tried to stop several times before they finally succeeded. If you give in to a craving, don't let it get you down. Examine what went wrong, learn from what happened and quit again!