

Making a quit plan

Having a plan mapped out before your quit date will increase your chances of success. You will be better prepared for what is to come.

- 1. Choose a quit date.** Set a date within the next 2 weeks. Focus on your end goal. Avoid times you may have high stress or will face many triggers. Some people choose a day that is easy to remember, such as an anniversary, birthday, holiday, or first of the month.
My quit date is: _____
- 2. Talk to your provider about your plan.** Your provider will be able to offer you support. Your provider can discuss other resources. He or she may prescribe medicine to help you cope with triggers, urges and symptoms.
- 3. Tell others you are quitting.** Tell your friends, family members, roommates, and coworkers how they can help you. Tell them what you will need from them. Be specific. Tailor your request to each person. Here are examples of what you could say to people based on whether they use tobacco:
 - Tobacco-using roommate: “I decided to quit. Could you keep your cigarettes and ash trays in your room? That way I won’t be tempted.”
 - Tobacco-using co-worker: “I wanted to let you know I won’t be coming out for smoke breaks / tobacco breaks with you guys anymore. I decided it’s time to quit”
 - Tobacco-using friend: “Hey, would you mind not using tobacco around me anymore? I’m going to quit on _____ and I really want to stick with it.”
 - Non-tobacco using family members: “I’m going to use tobacco anymore. I’ve decided its time to be done. I would really appreciate it if you could help me out by [cooking some meals/going to the gym/taking walks/being patient] with me.”
- 4. Remove reminders of tobacco.** Do not keep “just in case” packs or tins. Commit to this. Tobacco is not an option. This is the time to give away your lighters and throw away your matches. Get rid of all tobacco products.
- 5. List your reasons for quitting, triggers, and challenges you may face.** Getting prepared will help you succeed.
- 6. Know where to turn for immediate help.** Contact your support people. Call the tobacco quit line on the inside front cover of this booklet. Keep phone numbers of your support team handy.

7. Focus on quitting and getting healthy, rather than your weight gain.

- Your weight after quitting (including pounds you gained) often equals what it would have been had you never used tobacco.
- After you quit using tobacco, your metabolism returns to a healthy rate.
- Health benefits of quitting exceed any risks due to weight gain on average.

8. Reward yourself. This is the start of a long journey. You can achieve a great deal when you commit to quit.

Resources to help you quit

(800) QUIT NOW (784-8669)

Gundersen Health System tobacco cessation programs

(800) 362-9567 ext 55442

email: wellness@gundersenhealth.org

gundersenhealth.org/wellness

Wisconsin Tobacco Control

tobwis.org

UW-Center for Tobacco Research and Intervention

ctri.wisc.edu

USPHS Guideline and materials

Surgeongeneral.gov/tobacco

Smokefree.gov