

8 Tips to Quit Smoking



Did You Know?

- Within 20 minutes of your last cigarette, your blood pressure decreases and your pulse returns to normal
- After 4 days your lung capacity increases
- After 1 year your risk of a heart attack is cut in half
- Congratulations!

- tip **1** **Make a list**
Write down all of the reasons you want to quit. Post it somewhere where you will see it everyday.
- tip **2** **Understand why you smoke**
Figure out what situations make you crave a cigarette.
- tip **3** **Find healthier options to smoking**
Physical activity can lead to quitting.
- tip **4** **Change your environment**
Make your car and home smoke-free. Don't carry matches, a lighter or cigarettes.
- tip **5** **Get support**
Get the help of a close friend or family member, or your doctor or pharmacist. Call Smokers' Helpline 1-877-513-5333.
- tip **6** **Learn from the past**
Try to think about your triggers in the past that caused you to start smoking again. Avoid those triggers.
- tip **7** **Set a quit date**
Pick a date to quit and write it on your calendar.
- tip **8** **Motivate yourself**
Positive thoughts and rewards can help you quit.

What can you do?

4 D's

Drink
Water

Delay

Deep
Breathe

Do
Something
Else



**For help to
quit ask your
family doctor or
pharmacist**



HEALTH
DEPARTMENT

Durham Health Connection Line
905-668-2020 or 1-800-841-2729

durham.ca/tobacco

If you require this information in an accessible
format, contact 1-800-841-2729

