

# 10 Quick Quit Tips

## 1. Reducing is a great way to start

Try removing one or two smoking rituals from your day. Maybe the cigarette you normally have before bed, first thing in the morning, at the bus stop or in your car.

## 2. Not what you say but how you say it!

Consider referring to yourself as a non-smoker from the moment you start to quit. The narrative we provide ourselves with can be a very powerful tool in our lives.

## 3. Not a tell-all affair?

Some people find declaring their new found 'non-smoker' status to the world mega reaffirming, whilst others prefer to keep it quiet. See what works for you in terms of who you decide to discuss your reducing or quitting with.

## 4. Sometimes once is not enough

Many ex-smokers speak of their multiple attempts to quit. There is no shame or guilt in relapsing, as it is widely acknowledged that giving up smoking can be very hard to do. Keep trying as much as you want and need to.

## 5. Coffee, alcohol & other loves

Consider removing or substituting an activity that you associate with smoking. Swap that morning coffee for a morning tea. If you smoke like a chimney when you drink, try reducing the number of drinks you have when you go out.

## 6. Quitting is like a break-up. It's okay to grieve!

Quitting smoking can be like breaking up from a passionate, but toxic, relationship - you know it's for the best but you can't help but grieve the loss. That's okay! Slowly, the positive benefits of the breakup will start to become apparent.

## 7. MONEY, MONEY, MONEY!

Any smoker will know that smoking has become more and more expensive and costs most daily smokers a couple of hundred dollars a month! Think about what you would do with all that extra cash!

## 8. Five minute finger fun

Replace your smoking time with new activities such as texting a friend, tending to your garden, painting, knitting, crosswords and more!

## 9. Try different strategies

Remember, if one strategy doesn't work, then maybe another will. For many people a combination of strategies works best, so it's important you find one that suits you. Discover loads of quitting strategies at iCanQuit.

## 10. It's all about you

YOU get to decide when and how you will quit. If everyone around you smokes and you are ready to quit, then go for it! Feel empowered and proud of your path towards being a non-smoker.

**#SmokeFreeStillFierce** Share your tips to quit using our hashtag!

