

# My Quit Plan

MY ACCOUNTABILITY PARTNER: \_\_\_\_\_

## MY REASONS FOR QUITTING



Be healthier



Save money



Smell better



My loved ones

## TOBACCO-USE TRIGGERS

Knowing your triggers helps you stay in control. When you first quit, you might want to avoid triggers altogether. After staying tobacco-free for a while, you may be able to find other ways to handle your triggers.

### Emotional Triggers

- Stressed
- Anxious
- Feeling down
- Feeling lonely
- Bored
- Cooling off after an argument

### Habitual Triggers

- Talking on the phone
- Drinking alcohol
- Watching TV
- Driving
- Finishing a meal
- Drinking coffee
- Taking a work break
- After having sex

### Social Triggers

- Going to a bar
- Going to a social event
- Seeing someone else smoke
- Seeing someone else vape
- Seeing someone dip
- Seeing your tobacco buddies

## GET RID OF TOBACCO-USE REMINDERS

Get ready for your quit day by getting rid of anything associated with tobacco use.

- Wash your clothing, especially the jacket you wear to take smoke breaks.
- Get rid of cigarettes, vaporizers, cartridges, chew, matches, ashtrays, spit cans, & cigarette butts that are in and around your home.
- Put your **quit kit items** in the places where you kept your tobacco, batteries, ashtrays, spit cans, and lighters.

## LIVE TOBACCO-FREE AUSTIN

The initiative is housed within Austin Public Health. Its goal is to decrease tobacco use and the number of people exposed to second-hand smoke, and increase access to resources for those trying to quit tobacco.

— Visit the full site on the web at [www.LiveTobacco-FreeAustin.org](http://www.LiveTobacco-FreeAustin.org), on Facebook and Twitter.

**SmokefreeTXT** is a free, six to eight week cessation program, depending on when you set your quit date. Users can enroll through [smokefree.gov/smokefreetxt](http://smokefree.gov/smokefreetxt).

## When can you see the benefits of quitting?

- Just one cigarette can take 11 minutes from your life.
- 20 minutes tobacco-free: Blood pressure and pulse rate drops; body temperature rises toward normal.
- 12 hours tobacco-free: Carbon monoxide level in blood drops to normal; oxygen level rises to normal.

# My Quit Kit

Not all cravings are the same. Prepare yourself with the tools and skills you will need.

## ASK YOURSELF

### Do you need to keep your hands and mouth busy?

- Hold a straw in your hand & breathe through it.
- Hold a pen or play with a coin to keep your hands busy.

### Do you smoke to relieve stress or improve your mood?

- Practice deep breathing to calm down or take a walk to blow off steam.
- Turn to friends, family, and counselors if you need someone to talk to.

### Do you have trouble keeping yourself busy and your mind occupied?

- Make a list of tasks that you can accomplish when a craving hits. This list can include chores, running errands, or planning your schedule.
- Play a cellphone game, complete a crossword, or read a book.

### Do you smoke because it's pleasurable and relaxing?

- Treat yourself to a different pleasure. Listen to your favorite songs, plan a movie night with friends, or save up your tobacco money for a special treat when you reach a tobacco-free milestone.

### Do you get irritable and anxious without cigarettes?

- Nicotine replacement therapy (NRT), such as patches or gum, can help relieve withdrawal symptoms. Talk to your doctor to see which type of NRT is right for you; call 512-272-4636 to make an appointment.

### Do you smoke for an energy boost?

- Have a healthy snack, such as an apple, carrots, or celery.
- Make sure you're getting plenty of sleep at night to help you from feeling slow during the day.

## NEED SOME EXTRA HELP?

The Texas Tobacco Quitline is FREE and quitline services are available in English and Spanish.

### Quit by phone

Call the toll-free Quitline: **1-877-YES-QUIT (937-7848)**.

- Quit Coach® – Counseling sessions tailored to you, with a focus on your preparation for the quit attempt and long-term success
- Access to self-help booklets
- Advice about support programs
- Access to a live Enrollment Specialist

### Text VAPEFREE to 873373

- Teens (ages 13-17): Learn more about vaping and get support to quit via interactive videos, podcasts, and live chats with a Coach.

### Text QUIT to 47848

- You can opt out at any time by texting STOP.
- Text HELP at any time for information on the program.

### Smokefree Apps

- QuitGuide
- quitSTART

### Quit online

Visit [www.yesquit.org](http://www.yesquit.org)

- Coaching Calls
- Program Website
- Text2Quit™
- Medications (if eligible)
- Email Program
- Welcome Kit

Visit [smokefree.gov](http://smokefree.gov)