

OKLAHOMA TOBACCO HELPLINE

YOUR TOBACCO-FREE MONTH

Thinking of quitting tobacco? Take it one day at a time! You can beat cravings by trying one of the alternatives below. You don't have to go in order. Pick and choose what works for you.

My Quit Date _____

1	2	3	4	5	6	7
Make a list of your reasons for quitting and review them often.	Call a friend or coworker for support.	Do a puzzle.	Play a game on your phone.	Go places where smoking isn't allowed.	Calculate how much money you're saving.	Keep your mouth busy with gum, sugar-free hard candy, sunflower seeds, water, etc.
8	9	10	11	12	13	14
Change your routine.	Take deep breaths to relax.	Take a nap.	Do your laundry for a fresh start.	Read the newspaper or a magazine.	Go to the movies, library, or a bookstore.	Brush your teeth.
15	16	17	18	19	20	21
Reward yourself by doing something you enjoy.	Clean the house.	Invite friends over for dinner.	Go for a walk.	Listen to soothing music.	Eat a healthy snack.	Watch a new show.
22	23	24	25	26	27	28
Play with your kids or pets.	Download a new app.	Go shopping.	Try a new workout.	Treat yourself to a dessert.	Think back on the reasons you decided to quit.	Take up a new hobby.
29	30	31	Reasons to quit smoking:			
Do volunteer work.	Plant a garden.	Drink lots of water.	<ul style="list-style-type: none"> • Breathing easier • Whiter teeth • Fresher breath • Saving money • Cleaner air at home • Reduced risk of cancer 			



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