

WHAT TO DO BEFORE YOU QUIT



Canadian
Cancer
Society

Healthy
Workplaces



List your triggers

Think of all the situations where you might have a hard time resisting the urge to smoke. Ex: your morning coffee or afternoon smoke break.

1



2

Practice being positive

A great way to build your confidence and increase your chances of becoming smoke-free is through positive self-talk



Build your support system

Who are the people you can count on to support you? Let them know about your quit plan and explain how they fit in and what you need from them. Also consider joining an online community.

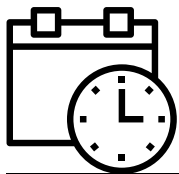
3



Write down your reasons for quitting

List your top 4 reasons for quitting and post it where you can see it every day. No matter where you are, you can use it to help you get through a craving or just as a reminder during those tough days.

4



Set a quit date

Think about what's coming up over the next 30 days and pick a day to quit smoking. Share your quit date with your friends and family! This will help keep you accountable

5



6

Work with a quit coach

Quit coaches provide support to develop a personalized quit plan, information on how to cope with cravings and withdrawal symptoms, and other practical tips. Call your province or territory's quitline to work with a quit coach for free: **1-866-366-3667**