

QUITTING TAKES HARD WORK AND A LOT OF EFFORT, BUT—

SUPPORT AND ADVICE  
FROM YOUR CLINICIAN

**A PERSONALIZED QUIT PLAN FOR:**

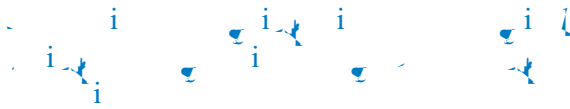
**WANT TO QUIT?**

Ni i j      { i i

# FIVE KEYS FOR QUITTING YOUR QUIT PLAN



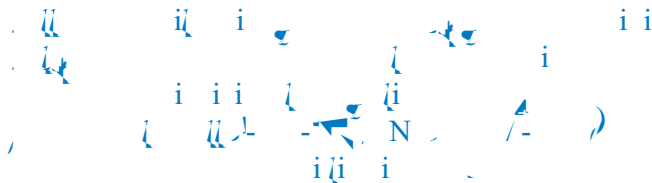
## 1. GET READY.



## 1. YOUR QUIT DATE:



## 2. GET SUPPORT AND ENCOURAGEMENT.



## 2. WHO CAN HELP YOU:

## 3. LEARN NEW SKILLS AND BEHAVIORS.



## 3. SKILLS AND BEHAVIORS YOU CAN USE:

## 4. GET MEDICATION AND USE IT CORRECTLY.



## 4. YOUR MEDICATION PLAN:



## 5. BE PREPARED FOR RELAPSE OR DIFFICULT SITUATIONS.



## 5. HOW WILL YOU PREPARE?

Quitting smoking is hard. Be prepared for challenges, especially in the first few weeks.

