

THOUSANDS OF PEOPLE QUIT EVERYDAY AND STAY SMOKE FREE



TOP 10 TIPS FOR QUITTING

1. Prepare yourself for quitting
2. Make a date to stop smoking
3. Get support
4. Change your routine and plan ahead
5. Get physically active
6. Think positive
7. 4Ds to deal with cravings:
Delay, Drink water, Distract yourself, Deep breath
8. Watch what you eat
9. Start saving money
10. Take one day at a time



TOP TIP

Smoking is associated with certain routines. Break the routine and it may help you break the habit.

You can quit, and we can help

National Smoker's Quitline 1800 201 203

www.quit.ie



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