



*stopped
to think
what's
REALLY
inside*

Quitting is just around the corner

To succeed, you have to want to quit. Keep a list of your reasons in your wallet/purse.

Set a date to quit.

Get rid of all cigarettes.

Light/low tar cigarettes are not an option

– they're just as bad.

Quit with a friend for support.

COPING WITH CRAVINGS

Cravings only last about 3-5 minutes. Here's how to cope with them: delay lighting up a cigarette, drink lots of water/fruit juice + distract yourself by moving away from the situation you're in.

ON A MORE LONG-TERM BASIS

Exercise helps reduce stress and keeps you fit.

If you are concerned about your weight, try sugar-free gum, popcorn or fruit.

Treat yourself with the money you have saved.

Think positive – withdrawal symptoms that may occur are temporary and will decrease as time passes.

Help is at hand

*If you need further support in quitting, call the National Quitline on callsave **1850 201 203***

*For further information call the Irish Cancer Society Health Promotion Department on **01 231 0500***



just be
SMOKE
free



HAVE
YOU
EVER



