

Pack a survival bag for your tobacco cessation journey

Quitting tobacco can be a long and difficult road. And like any journey, it's wise to be prepared. By planning ahead, you give yourself the best chance of success.

Let's start by identifying what is motivating you to quit.

Take a moment to write down the reasons you want to quit and improve your health.

Examples: Family, my children, the cost, etc.

Next, let's explore some of your triggers.

Write down the things that trigger your craving and make you want a cigarette.

Examples: When I'm stressed out or when I'm driving, etc.

Now, let's create your survival kit.

Fill a bag with items that will keep you motivated and help you overcome your triggers and cravings. Below are some suggestions and an area where you can write in your own items that have meaning to you.

- Index cards that you can look at to remind you why you are quitting, and to give you the strength to withstand the cravings. On your cards write:
 - TOP THREE REASONS** (for being tobacco-free)
 - DEEP BREATHE & TAKE FIVE**
 - GO FOR A 10-MINUTE WALK**
 - THE URGE WILL PASS**



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Call your health coach if you have questions.

