



2 Days Before Your Quit Date

- Stop thinking about smoking. A positive outlook will help you overcome difficulties and achieve your goals. Avoid having a negative or a passive attitude, be strong and determined.
- Remember that smoking will not solve any life problem. In all problematic life events one needs to focus on possible solutions to solve these rather than smoke and accelerate them through additional health related problems.
- Many ex smokers are impressed by how possible it was to stop smoking... but only after having been through it , taking it seriously and through determination



1 Day Before Your Quit Date

- Put away lighters , ashtrays or other items related to tobacco
- Throw away all cigarettes and matches you have left
- Clean your clothes to get rid of the smell of cigarette smoke.

Quit Day - Keep very busy, WELL DONE and keep up your good work!

- Remind family and friends that this is your quit day and be proud of it
- Stay away from coffee and alcohol.
- Change your daily routine and do some exercise
- Find time to read and relax
- Reward yourself or do something special.

Smoke Free Congratulations!

References

The National Cancer Plan 2011-2015. Ministry for Health, the Elderly & Community Care, Malta (2011).
U.S. Department of Health and Human Services Public Health Service.

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**The
National
Cancer
Plan**

**YOUR
HEALTH**
We care



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**Ministry for Health, the Elderly
and Community Care**

Help for smokers who WANT to quit



Quitting is not easy but it is NOT AN IMPOSSIBLE TASK TO ACHIEVE. Decide on what would be the ideal attainable option for you to quit:

1. Cold Turkey: stopping smoking completely and suddenly.
2. A slow gradual reduction in the number of cigarettes over a set time is another method you can try.
3. If you need additional support, a free Smoking Cessation Programme is available in different Health Centers (tel:2326 6000).

Identify cues that trigger you to smoke and plan ahead on what to do. Most importantly after deciding on the best option, you would still need to set a QUIT DATE, when you would no longer have a single puff. Plan ahead and mark this important day on a calendar.

1 Cold Turkey

Remember 'Not even a puff!' This would guarantee a 'Smoke free life" don't give in to temptation. Call a friend or 'Quitline' for support.

- Shift your thoughts from smoking. The less you think about tobacco the greater the possibility of staying quit.
- When the craving is high do something else. Go for a walk. If necessary take nicotine gum or lozenge.
- The first few weeks after quitting may be a bit crucial. It would be better to avoid situations that you would normally associate with smoking for a while.
- Saving the money that you would have spent on cigarettes would enable you to plan a holiday with your family or friends.
- Find a friend or a family member who would be able to help, support and encourage you during the quitting process.

2 Gradual reduction

The aim is to reduce the amount of cigarettes and to use less tobacco per day. This would reduce your nicotine dependence and help you to stop. Follow these ideas after setting your quit date to start reducing tobacco intake

- Inhale less deeply when you smoke.
- Reduce the amount of puffs taken from every cigarette
- Always smoke outside when you are at home or at work.
- Do not smoke all the cigarette but leave the last centimetre and stub it out
- Do not associate smoking with any other activities.
- Smoke, no more than a cigarette every hour, maximum.
- Delay having a cigarette until 15 minutes after tea, coffee, meals and move away from the dinner table
- Smoke cigarettes in the 'other' hand and if uncomfortable do not smoke this cigarette at all.
- If you smoke after your meals with tea or coffee , replace these with water or fruit juice and sip slowly
- Do not purchase cigarettes in bulk. Only buy a packet at a time.
- Break brand identification frequently and switch to one that is not as appealing as your current one.
- Start by eliminating smoking in certain circumstances e.g. whilst driving
- Stop smoking one hour before bedtime or delay smoking your first cigarette as soon as you wake up.
- Instead of a cigarette hold a straw or take sips of water.
- Brush your teeth and remind yourself how cleaner your teeth are.
- Leave your cigarettes in the car or elsewhere and do not carry them with you all the time.
- Set a quit date and...
STICK TO IT !



After setting a Quit Date follow this 5-day countdown to the day.



5 Days Before Your Quit Date

- Think about reasons for quitting.
- Tell your friends and family you are planning to quit.
- Review your smoking habit and pay attention to when and why you smoke.
- Talk to your pharmacist or doctor to inform yourself about Nicotine Replacement therapy to reduce withdrawal symptoms
- If you need buy the nicotine patch, nicotine gum, lozenges, inhaler or spray or get other support that is by prescription from the doctor



4 Days Before Your Quit Date

- Stop buying cigarettes.
- Replace smoking with Nicotine replacement therapy if needed.
- Think of other things to hold in your hand instead of a cigarette.
- Think of habits or routines to change.



3 Days Before Your Quit Date

- Think about what you will do with the extra money when you stop buying cigarettes.
- Think of who to reach out to when you need help.