



# MANAGE YOUR NEW YEAR'S RESOLUTION & STAY SMOKEFREE

Quitting smoking is challenging and can be tough just to remain smokefree. Use the tips below for your smokefree journey.

1. **Understand Your Triggers:** Triggers are things that give you the urge to smoke. People, places, things, and situations can cause a trigger. Knowing your triggers will allow you to fight off cravings.

2. **Beat Cravings:** Having a plan will make fighting triggers easier. Try making a list of things to do and try them out when triggers hit. The list could be taking deep breathes, taking a walk, cleaning, etc. Keep your list nearby.

3. **Be Positive:** Take one day at a time. Quitting is not easy and is not a one day solution. Quitting is a process and will take time. Keep a positive attitude and learn day by day.

4. **Celebrate:** Staying smokefree is a huge accomplishment! Try to award yourself after different milestones. This could be watching a movie after a week of no smoking or eating out after a month of staying smokefree.

5. **Find Support:** Talk to the people who supported you during your quitting journey. Friends and family play a big role when you decide to quit smoking. In addition, call 1-800-QUIT NOW (1-800-784-8669) for support as well.



For more information visit:

<https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/staying-smokefree.html>