

## New York State Smokers' Quitline

**1-866-NY-QUITS**

(1-866-697-8487)

[www.nysmokefree.com](http://www.nysmokefree.com)

TTY: 1-800-280-1213

## HOW TO:

# STAY TOBACCO FREE



### General Tips

*Staying Tobacco Free can often be difficult. Follow these steps to help yourself remain a non-smoker. If you do have a relapse, remember, many people slip! Think of how far you've come and just get "back on track".*

- ▶ Never forget your reasons for stopping smoking.
- ▶ Never take even a puff of another cigarette.
- ▶ Don't rationalize and think you can have just one.
- ▶ Plan for dangerous situations (boredom, alcohol, stress) and decide what you will do instead of smoking.
- ▶ Reward yourself for not smoking. Use the money you save from not having to buy cigarettes.
- ▶ Be proud of trying to stop smoking and share your story with others.
- ▶ Begin to think of yourself as a nonsmoker.

### Another Smoker in the Household

*Seeing a person in your household light a cigarette will usually trigger the impulse to smoke, even if you hadn't been thinking of smoking until then. It is important that you plan for these situations.*

- ▶ Ask for cooperation from the smokers in your home and encourage them to stop smoking with you.
- ▶ Ask family and friends to respect your decision to stop smoking and agree to stop smoking around you.
- ▶ Ask others to take cigarette packs with them and to clean out ashtrays regularly.
- ▶ Suggest they limit their smoking to the outside, or at least a designated room.
- ▶ Be aware that it may take a degree of assertiveness to gain cooperation.

### Social Situations and Holidays

*Being prepared is key for a new nonsmoker getting ready for a social event where cigarettes will be available. Below are some tips to help you stay a nonsmoker in social situations and during the holidays.*

- ▶ Remember that your reasons for stopping smoking remain valid even though you will be in this situation.
- ▶ Picture yourself not smoking at the event before you go.
- ▶ Decide what to say if offered a cigarette. "No, thanks, I've stopped smoking" is usually effective.
- ▶ Make "non-smoking" rules in your house and a plan on how to tell others. Practice saying it out loud.
- ▶ Take note of what other nonsmokers are doing in that situation.
- ▶ Avoid alcohol. It may affect your judgment or make you forget your reasons for becoming a nonsmoker.
- ▶ Bring a "prop"; something to keep your hands and/or mouth busy. (e.g., a "stir-stick" or "fake cigarette")
- ▶ During the holidays manage your time and money effectively, so that you feel less stressed.
- ▶ Avoid intensely stressful situations, if possible, or modify your plans.
- ▶ To deal with depression: keep busy, do enjoyable activities, talk with someone.

**R E M E M B E R T H E S D ' S**

**D**elay

**D**rink Water

**D**o Something Else

**D**eep Breathe

**D**iscuss With A Friend