



# Things To Do Before Quitting

Quitting can be difficult. Here are a list of things to do before quitting to help make the process of becoming tobacco-free easier.



## Tell Your Friends

Tell your friends, family, or coworkers that you have decided to become a tobacco-free.



## Set A Date

Set a quit date and tell everyone when it is.



## Clean Up

Clean your house, car and place of work.



## Throw Out

Begin to throw away all your tobacco products and equipment.



## Start Exercising

Begin an exercise program with the permission of your doctor.



## Avoid Smokers

Reduce the amount of time that you spend with other smokers or people who vape.



## Avoid Places

Reduce the amount of time you spend in places where smoking/vaping is allowed.



## Keep Busy

Try to keep yourself busy.



## Get Support

Get support from someone who has already quit.



## Practice Saying No

Practice what to say when someone offers you a cigarette or a puff from a vape device.

For example:

"No thank you, I have quit"

"Thank you, but I don't smoke/vape anymore".



## Cut Back

Cut down on the number of cigarettes you smoke or how much you vape. Each day postpone the lighting of your first cigarette or using your vape device by 1 hour. Decide that you will only smoke/vape during odd or even hours of the day. Smoke only half of each cigarette. Smoke only those cigarettes that you really, really want - not the ones you smoke out of habit. Remember, cutting down can help you quit, but it is not a substitute for quitting. Set your quit date and stick to it!



## Survival Kit

Prepare and carry a "Survival Kit"

- A 3 x 5 index card with your top three reasons for being tobacco-free.
- A picture of your family or something that motivated you.
- Gum, straws and toothpicks.
- The New Jersey Quitline number: (1-866-657-8677)

What else can you do that will help you become tobacco-free?

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**Tobacco-Free**  
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**QUITLINE**  
1-844-NJ-STOP

