

How to quit smoking

It's never too late to quit. It helps to have a plan.

- List all of the reasons you want to quit, the things you enjoy about smoking, and the things you don't enjoy so much.
- Write down notes about the other times you tried to quit. They're important and have helped you get to this point.
- Contact your primary care provider to learn about any products that can help you quit, such as nicotine replacement therapy (NRT).
- Think about cutting back on the number of cigarettes you smoke now.
- Track the strength of your cravings, your mood and the time you smoke. Do this two or three times a day. Use a scale of one to 10, with 10 being the strongest craving. Try to eliminate the cigarettes you have with cravings you rate as one or two.
- Practice the four Ds: delay, deep breathing, drink water, distract.
- Set a quit date. Tell friends and family about your quit plan. This way, you'll have a support system when you need one.
- Write down your triggers. Set a plan to manage them with healthier behavior. Below are some examples.

Trigger	Healthier behavior
First cigarette in the morning	Get up and get going.
After a meal	Brush your teeth.
In the car	Keep sugar-free candy or gum handy.
Being with other smokers	Choose places and activities where smoking is not allowed.
Boredom and stress	Keep a journal or call a support person.
Cravings	Practice the four Ds.

- Setbacks may happen. Becoming smoke free is a journey. Be kind to yourself if you slip up. Learn from it. Think about your reasons for quitting, or contact a support person. Then start again.
- Contact the Massachusetts Smokers' Helpline at 1-800-QUIT-NOW (1-800-784-8669), (TRS 711). Call 1-855-DEJELLO-YA if you speak Spanish. Or, visit them online at mass.gov/quitting.

Want to work with a personal Fallon Quit Coach?

Our Quit to Win program may be able to help you. We offer counseling by phone and text message support. To sign up, call us at 1-508-368-9540 or 1-888-807-2908, Monday–Friday from 8:30 a.m.–5:00 p.m. Or email QuitToWin@fallonhealth.org.