

# Quit Tips

- Make a decision to quit and set a quit date – don't try and quit near the holiday season or when you are under a lot of stress.
- Write down the reasons you want to quit.
- Acknowledge that quitting will take an effort on your part – nicotine is habit forming and nearly all smokers have some feelings of nicotine withdrawal when they try to quit. Give yourself a month to get over those feelings of withdrawal.
- Maintain some type of physical activity – this can keep your mind off smoking and on your goal of staying smoke-free.
- Get support and encouragement – tell your family, friends and co-workers you are going to quit smoking and need their support.
- Get help if you need it – there are many written material and programs. (See information on the benefits offered by your UC-sponsored health plans).
- Be prepared for difficult situations or relapse – most relapses occur within the first three months after quitting. Don't be discouraged. Most people try several times before they finally quit.