

inspired

[to make healthy choices]

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Tools to QUIT SMOKING

Begin your quit journey today!

Invest in your health by quitting smoking, vaping and using smokeless tobacco.

MAKE A QUIT PLAN

- CHOOSE YOUR QUIT DATE.
- MAKE A LIST OF YOUR REASONS FOR QUITTING.
- IDENTIFY YOUR TRIGGERS AND WAYS YOU CAN STAY IN CONTROL.
- DETERMINE YOUR SOURCES OF SUPPORT.

Take the steps to create your personal quit plan at smokefree.gov.

MANAGE YOUR CRAVINGS (CDC)

Remember why you are quitting.	Practice deep breathing.	Take a walk.	Get a good night's sleep.
Limit activities that require strong concentration.	Stick to a routine.	Prioritize healthy eating and regular physical activity.	
Reach out to your healthcare provider, a quit line and/or those in your support network.			

GET SUPPORT

The **Georgia Tobacco Quit Line** is a free, confidential service available 24/7 to assist with quitting smoking, vaping and using smokeless tobacco.

Call 1-877-270-STOP or visit dph.georgia.gov/GTQL.

Sign up for **SmokefreeTXT** to get daily messages of tips, strategies and support.

Text QUIT to 47848.

Download the CDC's **quitSTART App** for tailored tips, inspiration and challenges.

Call or text someone you trust in your support network. Identify trusted people in your life who you can reach out to for encouragement and support.