

# I want to quit smoking



## I can

- Set a date for quitting and tell it to those around me.
- Get rid of all my cigarettes, lighters and ashtrays.
- Write a list of all the inconveniences linked to smoking and a list of all the benefits of quitting. Reread these lists to motivate myself.
- Use a nicotine substitute (patches, chewing gum, inhalers) or a medication to lessen the symptoms linked to weaning.
- Change my daily routine and avoid the places where I used to smoke.
- Engage in diversion activities to deal with the urge to smoke (for example take a stroll, drink water, chew gum).





- You improve your physical capacity.
- You regain your taste and smell senses.
- You protect those close to you.
- You save money.

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***I want to... I can... I am going to***

[illegible]