



TIPS TO QUIT

1

UNDERSTAND HOW YOU SMOKE

What are your triggers to smoking? Common triggers can be drinking coffee, feeling stressed or certain people.

2

PLAN FOR A QUIT ATTEMPT

Have you thought about using Nicotine Replacement Therapy? Have you spoken to Quitline or your GP?

3

SET YOURSELF GOALS

"This week I am going to smoke two less cigarettes a day, try patches, and find ways to keep busy."

4

REWARD YOURSELF

Quitting is hard. Reward yourself for the little 'wins'.



Health

Mid North Coast
Local Health District

 **Quitline.13 7848**

FOR MORE SUPPORT CALL QUITLINE

OR CONTACT YOUR HEALTH CARE PROVIDER