

# QUITTING TIME

We asked public servants to share their **tips for quitting smoking.**

## Set a goal



- Commit to a quit date
- Write a list of reasons to quit
- Buy something special with the money you save
- Start with short-term goals and celebrate small victories

## Get support



- Try nicotine patches, gum or lozenges
- Work with a counsellor or Quit Coach
- Get NRT through benefits
- Quit with a friend

## Foster a positive mindset



- Believe in yourself
- Try "Urge Surfing" and "Ride the Wave"
- Practice deep breathing, meditation and mindfulness
- Don't be too hard on yourself
- Remind yourself that quitting is a journey

- Munch on candies, gum or crunchy vegetables
- Try a quitting smoking app
- Keep your hands busy
- Go for a walk
- Drink lots of water
- Avoid triggers and form new habits

## Distract yourself



## Keep learning



- Read books about forming positive habits
- Use the Quitting Time money calculator
- Research the health benefits of quitting
- View relapses as learning opportunities

Get support with your quit journey at [quittingtime.ca](http://quittingtime.ca)

A free service for British Columbia government employees



Where ideas work