

Preparing For Your First Smoke-Free Day

Writing down experiences and thoughts can be a powerful tool in impacting behavior and health changes. As you prepare for your first smoke-free day, take the time to reflect on the following questions, writing a paragraph for each.

How do you plan to handle having smokers in your life – at home, work or in other places?

Many people struggle with not smoking while drinking alcohol or caffeine. If you drink one or both, what steps will you take to make sure that you don't "lightup"?

Smoking often serves as a pacifier for bad moods, stress, anger, anxiety or fatigue. How will you deal with those issues as a non-smoker?

Although the urges will lessen in a few weeks after becoming a non-smoker, from time to time you might be overwhelmed with the desire for "just one." What will you do if and when that happens?

