

# Top 10 tips for quitting:

Thousands of people quit everyday and stay smoke free

1. PREPARE YOURSELF FOR QUITTING



6. THINK POSITIVE



2. MAKE A DATE TO STOP SMOKING

7. 4 DS TO DEAL WITH CRAVINGS

- DELAY
- DRINK WATER
- DISTRACT YOURSELF
- DEEP BREATH

3. GET SUPPORT



8. WATCH WHAT YOU EAT



4. CHANGE YOUR ROUTINE AND PLAN AHEAD



9. START SAVING MONEY



5. GET PHYSICALLY ACTIVE



10. TAKE ONE DAY AT A TIME



You can quit, and we can help  
HSE Quitline Freephone 1800 201 203 | TEXT QUIT to 50100  
[www.quit.ie](http://www.quit.ie)

**TOP TIP:** Smoking is associated with certain routines. Break the routine and it may help you break the habit.