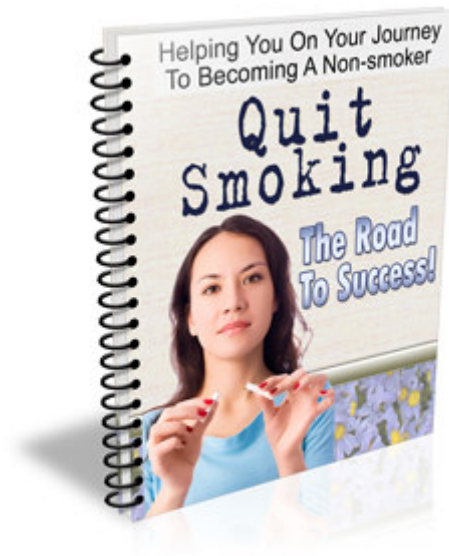


# Bonus 2

## 8 Steps to Help You Quit



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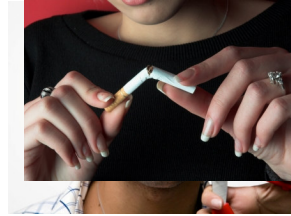
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## Eight Steps to Help You Quit

1) Remove all tobacco related (cigarettes, cigars, snuff, matches, lighters, ashtrays, etc.) paraphernalia from your home, car and workplace. This will reduce the impact of the psychological triggers that have caused you to reach for cigarettes in the past.



2) Make yourself aware of when and what causes you to smoke. Keep a written log.

3) Use the log to stay conscious of the triggers that cause you to reach for a cigarette. This can help you to change your smoking routines and patterns.

4) Get rid of the smell of smoke and tobacco from your environment. Completely clean your home by washing your curtains, walls and carpets. Take everything out of your closet, boxes etc., and exchange or clean them. Wash or dry-clean all your clothes.

5) Tobacco makes you hypoglycemic. In order to combat this you need to drastically reduce your intake of caffeine products (coffee, colas, tea and chocolate) or stop using them altogether. Also, stop eating sugar. Doing these two things will help to bring your body back into balance and help you feel better while you become smoke free.

6) Many smokers fear gaining weight. Even though you will gain some water weight, you can keep your body weight stable. To maintain your weight, eat complex carbohydrates such as brown rice, beans and whole grain breads.

7) Stay away from smokers. If you want to stay smoke free, for the first few days, if at all possible, avoid people that smoke. Don't hang around with them or go to where they gather and make sure that you sit in smoke free areas.

8) Stay focused on the reasons you have chosen to quit. When quitting becomes a little difficult think about the reasons you're becoming smoke free and that you are quitting because you are choosing to live a long and HEALTHY life.



Remember, although quitting can be difficult it's not impossible! You can quit smoking and become smoke free. Do it for life!