



Tips to a smoke-free you

1



Write down your reasons to quit.

2



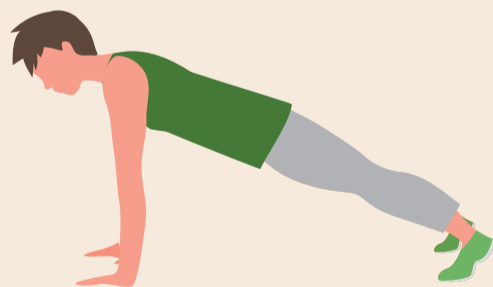
Pick your quit date.

3



Throw away all ashtrays, cigarettes and lighters.

4



Have distractions on standby, in case cravings hit. For e.g.

- Grab a healthy snack
- Sip on water slowly
- Do a quick workout
- Listen to soothing tunes
- Read a book
- Chat with a friend or family member

5



Stay positive with the support of your loved ones.

6



Call the Quitline at 1800 438 2000 for advice and tips from professional counsellors.