

# It's Quit Day!

Here are five steps to help you succeed and stay confident.

Congratulations, you made the choice to quit smoking! Here are five things you can do on your first day without cigarettes to make sure you stay on track.

## 1 Make a plan for quitting.



If you haven't already, make a plan so you can stay confident, focused and motivated to stay smoke-free. Talk with your Health Coach on LiveHealth Online Tobacco Free to help you create a quit plan that's right for you. Another great resource to help make your own quit plan is on [smokefree.gov](https://www.smokefree.gov). See [Create My Quit Plan](#). Decide which method to quit smoking is right for you. Learn more at [Explore Quit Methods](#) on [smokefree.gov](https://www.smokefree.gov).

## 2 Keep busy.



Staying busy will help you to not think about smoking and ignore cravings. Here are some things you can do today:

- Drink lots of water.
- See a movie.
- Spend time with loved ones who don't smoke.
- Have dinner at a smoke-free restaurant.
- Get some exercise or go for a walk.
- Chew gum or have candy.
- Have a pen, paperclip or toothpick nearby to keep your hands busy.
- Play a game on your smartphone.

### 3 Avoid triggers to smoke.



A trigger is something that makes you want to smoke. Avoid triggers today so you're less tempted to smoke. Here are some suggestions to help you deal with triggers:

- Get rid of cigarettes, lighters and ash trays.
- Drink water instead of coffee, which can make you feel jittery and nervous.
- Spend time with those who don't smoke and at places where smoking isn't allowed.
- Get lots of sleep and eat healthy.
- Avoid activities or places that make you think about smoking.
- Clean and wash your car to remove cigarette odor.

### 4 Keep a positive attitude.



Think about quitting one day at a time. Focus on small goals and reward yourself for staying smoke-free your first day. If you slip up today, it's OK. Don't beat yourself up over it because sometimes you need a little more time to prepare for your Quit Day.

### 5 Ask for support.



Let your family and friends know that you're quitting and ask them for support leading up to and on your Quit Day, and the weeks that follow. Let them know how they can help you. Your Health Coach is also here for you. If you haven't already done so, go to [livehealthonline.com](https://livehealthonline.com) or use our mobile app to schedule your next visit today.

**We wish you the best on your Quit Day! You can do this.**



Source:  
Smokefree.gov website, *Steps to Manage Quit Day* (accessed June 2018): [smokefree.gov/quit-smoking/getting-started/steps-to-manage-quit-day](https://smokefree.gov/quit-smoking/getting-started/steps-to-manage-quit-day).

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