



TURN
TODAY
AROUND

Put fresh energy behind quitting. Smoking is one of the most preventable causes of disease. Don't get stuck in the cloud. Keep focused on your goal with techniques like these.

Seize the days and breathe fresh air

Give yourself a reason.

Write a list of the reasons you want to quit. Every night before bed, repeat 1 reason 10 times.

Take the detour.

Learn your triggers—the things that make you want to smoke—and avoid them.

Use the buddy system.

You don't have to quit all by yourself. Ask a friend or family member to be your support network.

QUIT SMOKING FOR GOOD

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