

Inova TobaccoNET

Quit Maintenance Tips

These suggestions can help you maintain your success as tobacco-free:

- Stay positive. Repeat your affirmations.
- If you experience an urge, use the techniques you've used in the past to conquer it. Remember the urge for nicotine *will* pass.
- Keep practicing the stress management techniques you have learned.
- Deep breathing can really help you relax.
- Build on your exercise program (or begin one now if you haven't started yet).
- Monitor your weight. Keep healthy, low-fat foods available.
- Exercise.
- Remind yourself of the most-important reason why you want to remain tobacco-free.
- Reward yourself. Be proud of your accomplishment. Give yourself a gift for working hard to achieve this goal.
- Attend a Nicotine Anonymous meeting.
- Revisit the Inova TobaccoNET site anytime you need.
- Read and/or cut out any articles you see on the hazards of tobacco use and second-hand smoke.
- Remind yourself that a strong desire to use tobacco is merely momentary and if you get your mind on something else quickly, you will come to your senses.
- Maintain a support system.
- Keep practicing relaxation exercises, and get enough sleep.
- Remember, **ONCE WILL HURT!!!**