



TIPS TO HELP YOU QUIT

If you're going to **quit smoking**, you'll need to **deprogram yourself**.

As you smoke, not only have you become addicted – in other words, dependent physically, psychologically and in terms of your behaviour – but you've also developed thoughts and habits that have strengthened the ties cigarettes have over your life. These ties are so strong that they have been described as a **smoker's reflexes**. You can't change thoughts, habits and reflexes like these simply by swallowing a pill or making a New Year's resolution.

If you want to **free yourself from cigarettes**, you will have to deprogram yourself. To be successfully, you will need to examine yourself objectively and then identify and apply **practices** and **tips** that correspond to your personality and will help you through risky situations.

The strategy behind the tips that will help you quit cigarettes can be summarized in three words :

- Delay
- Avoid
- Replace

Telephone Helpline

If you'd like to talk to someone to help you quit smoking:

Call the iQuitnow helpline, Monday to Friday, 8:00 a.m. to 9:00 p.m.



Information from : www.j'arrête.ca
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