

TIPS FOR STAYING SMOKE-FREE

Staying smoke-free is a long-term commitment. If you slip, this doesn't mean that you will return to smoking regularly. Use it as an opportunity to reset and regain control.

1

REGAIN CONTROL OF THE SITUATION

- Never test yourself. Stop smoking immediately.
- If you bought cigarettes, throw them out.
- Remove all lighters and ashtrays from your smoke-free space.



2

BE KIND TO YOURSELF

- Remind yourself how far you have come, not how far you have to go.
- Encourage yourself not to give up.



3

TAKE ACTION

- Change the feeling in your mouth—chew gum, drink water, brush your teeth.
- Get support. Talk to a friend, family member, or a trained quit coach.



So how is relapse different?

A relapse means you have gone back to smoking. This can be frustrating, especially if you have been smoke-free for a while. Don't give up! Instead, think about it as a learning experience. When you're ready, set a new quit date and talk to your healthcare provider to help you get back on track.

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For more information or to talk with a trained quit coach, connect with your local quit smoking line at gosmokefree.gc.ca/quit or toll-free at **1-866-366-3667**.