

# Pack a survival bag for your tobacco cessation journey

Quitting tobacco can be a long and difficult road. And like any journey, it's wise to be prepared. By planning ahead, you give yourself the best chance of success.

### Let's start by identifying what is motivating you to quit.

Take a moment to write down the reasons you want to quit and improve your health.

Examples: Family, my children, the cost, etc.

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### Next, let's explore some of your triggers.

Write down the things that trigger your craving and make you want a cigarette.

Examples: When I'm stressed out or when I'm driving, etc.

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### Now, let's create your survival kit.

Fill a bag with items that will keep you motivated and help you overcome your triggers and cravings. Below are some suggestions and an area where you can write in your own items that have meaning to you.

- Index cards that you can look at to remind you why you are quitting, and to give you the strength to withstand the cravings. On your cards write:
  - TOP THREE REASONS** (for being tobacco-free)
  - DEEP BREATHE & TAKE FIVE**
  - GO FOR A 10-MINUTE WALK**
  - THE URGE WILL PASS**



*Continued on next page*

Call your health coach if you have questions.

# Tobacco Cessation

- A picture of your loved ones
- A picture of a special reward item for becoming a non-user of tobacco
- A lucky penny or other meaningful object that you can keep with you as a reminder what you are working towards
- The phone number of someone you trust to be your support person. You can also call your health coach if you need support.
- Sugarless gum or mints, hard candy, cinnamon sticks, carrot sticks, straws, toothpicks
- Relaxation CD
- Squeezable stress ball
- Journal with pen to write down your smoking triggers, how you are feeling, and as a stress outlet.
- Decaf herbal tea packets
- Nicotine replacement therapy product (if you plan to use one)
- Bottle of water
- Items to keep your mind distracted: crossword puzzles or Sudoku

Please take a moment and write down the items you will include in your bag, then keep your bag with you to help you quit for good.

## Items for my Survival Bag:

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