

Quit
SMOKING

Tips for Slips

- Slips are common so don't be too hard on yourself. A slip doesn't make you a failure. It doesn't mean you can't quit for good
- Feel proud of the time you went without smoking. Think about ways you avoided your triggers and beat cravings. Try to use those ways to cope again.
- When you feel a craving try to ride it out. Cravings come like waves; they rise, crest, then fall. The craving will pass. Try to distract yourself by taking a brisk walk or calling a friend.
- If you do slip, try smoking your cigarette mindfully. Mindfulness can help reduce smoking. Be aware of your thoughts and feelings before, during, and after you smoke. Use the "Mindful Smoking" handout to guide you if you slip.
- It's important to restart quitting right away— today or tomorrow at the latest. Don't give up on your goal of no cigarettes at all.
- You can also use the QuitGuide smoking cessation apps to support you through the day. Some other apps we like are: LIVESTRONG MyQuit Coach and Craving to Quit!
- Use nicotine replacement therapy (NRT). You don't need to stop using NRT after you slip and smoke one or two cigarettes. Using NRT increases your chances of staying smoke free for good.
- Get support. If you slip, talk to family or friends. Ask them for help to stay smoke free. You don't have to do it alone.
- Think about what you learned when you were not smoking. What helped you to stay smoke free and what caused you to have a slip? What can you do differently now to help yourself be smoke free again?