

Quit Plan

4. Plan for cravings and other withdrawal symptoms

Medicines can help lessen your withdrawal symptoms, and getting support can also help.

- ▶ Will you use medication to help you deal with withdrawal symptoms?
 - What medicine will you use?
 - When will you start taking the medicine?
- ▶ Who will talk to you and support you as you quit?

5. Be ready for challenges.

Think ahead about how you will handle these challenges:

▶ **Stress**

I will relax by:

▶ **Negative thoughts**

When I feel discouraged, I will tell myself:

▶ **Tobacco users in my life**

How I will deal with being around smokers and other tobacco users:

▶ **My plan for other challenges:**

**You have made your plan.
You are ready to quit tobacco for good!**