

# 6 STEPS TO A TOBACCO-FREE LIFE



**1**

## **Set a quit date!**

You can set your quitting day 1 to 4 weeks in advance. Go through everything you will gain from quitting and what can help you succeed.

**2**

## **Take the leap on you Quit Day**

Don't smoke or use snus, not one more cigarette (or pouch).

- Throw all your tobacco away.
- Go ahead and use a Quit Smoking App
- The quit smoking hot-line is 020-84 00 00 (also available if you use snus)
- Tobacco cessation assistance is available at medical centres.

**3**

## **Feel good**

Many feel restless and have bad tempers in the first weeks. Advice and help against nicotine abstinence.

- Exercise as much as you can.
- Eat regularly.
- If you need, use nicotine products, or check with a doctor for prescription products.

**4**

## **Take control**

Tackle your urge by thinking about other things. Drink water. Occupy yourself with activities that are not linked to smoking or using snus. Snus users can put chewing gum under their lips.

**5**

## **Celebrate yourself**

Reward yourself after a week, after two weeks, a month, and so on. You are really worth it! It helps you keep your motivation.