

STOP SMOKING



Most importantly,
don't have
"just one more"

Set a quit date
and share it with
everyone

Get rid of cigarettes,
lighters, ashtrays



Limit your
alcohol and coffee
consumption, as
they can lead to
cravings

Avoid smoking areas and
ask your friends not to
smoke around you



How can you increase
your chances of success?

Start doing relaxation
techniques, sophrology,
meditation, yoga



Drink a glass
of water if you
feel like smoking



Get your loved
ones involved

Use nicotine
substitutes:
patches, tablets,
gum, etc.



Seek help from
a tobacco addiction
specialist

Treat yourself
with the money saved



Exercise



Agir pour
le Cœur
des Femmes

Women's Cardiovascular Healthcare Foundation

www.agirpourlecoeurdesfemmes.com

