The Fresh Start Room

Quit smoking: support, skills, and a plan

Quitting cigarettes is a process you can learn. Repeated attempts are common. You deserve practical support without judgment.

1

Prepare your day

Choose a quit date and arrange support. Remove cigarettes, ashtrays, and lighters. Plan for coffee, meals, stress, alcohol, and being around others who smoke.

2

Change one routine

After a meal, brush your teeth or take a safe walk. During a break, call someone or stretch. Ask others not to offer cigarettes.

3

Work through the craving

Delay acting, sip water, breathe comfortably, and do another activity. Keep your hands busy. Use your treatment plan and contact support when needed.

4

Learn from a lapse

If you smoke again, identify the trigger and contact support. Adjust the plan and restart. A lapse does not erase your effort or learning.

TRY IT IN REAL LIFE

Coffee is a strong trigger. Before your quit date, plan a different seat, a glass of water, and someone you can text. When an urge arrives, use that routine and your clinician-recommended treatment.

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Your practice page / Write, speak, or reflect privately

Find support that fits

Counseling and medication can help. Ask a doctor or pharmacist about nicotine replacement and prescription options; suitability depends on your health and medicines. Quitting can change how some medicines and caffeine affect you. Free coaching: 1-800-QUIT-NOW. Visit Smokefree.gov.

01 My reason and quit date

02 My hardest routine or trigger

03 My replacement action

04 My treatment plan / clinician questions

05 My support contact / how I will restart

One thing I learned / One adjustment I will try

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Keep-close cards / Support, sources, and a next step

REMEMBER

My reason matters. One manageable step counts.

REPLACE

Change the routine: water, gum, movement, or busy hands.

SUPPORT

Use the plan. Contact support. 1-800-QUIT-NOW.

RESTART

Notice the trigger, adjust the plan, and try again.

CARE & SAFETY

Cigarette smoke harms lungs, the heart, and blood vessels. Recovery varies. Discuss persistent or severe withdrawal or mood symptoms with a clinician. Call 911 for severe chest pain, severe breathing trouble, or collapse; do not assume these are withdrawal. If using vapes to replace cigarettes, do not return to smoking; discuss a plan with your clinician.

SOURCES & SCOPE

CDC: How to Quit Smoking and Benefits of Quitting (cdc.gov/tobacco); National Cancer Institute: Smokefree.gov quit planning and cravings resources.

Original educational guide. Not therapy, a diagnosis, a detox plan, or a substitute for individualized care. Adapt practice with a qualified clinician. Reviewed for this collection: November 2026.