



Tobacco recovery offers a great opportunity to improve physical and emotional health and overall quality of life. No matter where you are in your recovery journey, CBH is here to help you become and remain tobacco-free, which is the way to be if you want to improve your health, save your money, prevent serious illness, and protect yourself and your family.

Plan for Success!

Talk to your doctor about medications to ease withdrawal symptoms, decrease tobacco craving, and double your chances for long-term success.

Learning tobacco-free coping skills is a journey, not a single event. Learning healthy coping skills takes practice; then, it becomes natural.

Keep in Mind:

- ▶ **Stay positive—the first 7-10 days are the most challenging.**
- ▶ **Over time, the desire to smoke fades away.**
- ▶ **Change routines and places that trigger the desire to light up.**
- ▶ **Remind yourself daily about the benefits to being tobacco-free.**

Get Help—You Don't Need To Do This Alone

PA Department of Health Free Quitline
1-800-QUIT-NOW (1-800-784-8669)
1-855-DEJEL0-YA (1-855-335-3569)

American Lung Association HelpLine
1-800-LUNG-USA (1-800-586-4872)

NICOTINE-ANONYMOUS.ORG
BETOBACCOFREE.GOV
SMOKEFREEPHILLY.ORG

Remember the 5 Ds:

- ▶ **Delay**
The urge to smoke will pass if you do not smoke. Remember, this too shall pass. It really does!
- ▶ **Discuss**
Turn to a friend for support. It helps to have someone to talk to and who offers encouragement.
- ▶ **Deep Breaths**
It will relax you. Slow, controlled breathing reduces the desire to light up.
- ▶ **Distract**
Keep your thoughts and hands occupied. Embrace activities that like arts and crafts, playing an instrument, or petting the dog.
- ▶ **Drink Water**
Hand-to-mouth movement replaces the act of smoking, and keeping hydrated will make you feel better in general. Carry around a sports bottle.

Tobacco-Free Is The Way to Be!

