

NYC Quits!

Don't Give Up

If you relapse, get back on track by:

- o Identifying what led to your relapse & devising strategies for dealing with your [triggers](#).
- o Establishing a support network of friends, family and fellow quitters, and tell them how they can help keep you smoke-free.
- o [Reducing stress](#).
- o Taking time to [relax](#).
- o [Exercising](#).
- o Talking with your doctor about using [nicotine replacement therapy](#), like patches or gum, to help ease [withdrawal symptoms](#).
- o Taking up a new [hobby](#).

Other useful information and tips:

■ Stay away from that first cigarette. Having even one can make you start back up. Remember that cravings only last a few minutes. Cravings will lessen the longer you don't smoke. If you have a craving, try one of the following:

- o Drink a glass of [water](#).
- o Pray or [meditate](#).
- o Distract yourself.
- o Listen to [music](#).

■ If you've recently had a baby and quit smoking during pregnancy, stay quit by:

- o Breastfeeding. Women who [breastfeed](#) are more likely to quit for good.
- o Making time for you. Taking care of a baby can be overwhelming and exhausting. Take [five-minute breaks](#) to help clear your mind.
- o Reducing stress. It is important to learn healthy strategies to [deal with stressors](#).

