



**Mount  
Sinai**

*Selikoff Centers for  
Occupational Health*

# Smoking Cessation Countdown

## 5-Day Countdown to your Quit Date

<b>5 Days before your QUIT DATE</b>	<ul style="list-style-type: none"><li>• Think about your reasons for quitting.</li><li>• Tell your friends and family you are planning to quit.</li><li>• Stop buying cigarettes.</li></ul>
<b>4 Days before your QUIT DATE</b>	<ul style="list-style-type: none"><li>• Pay attention to when and why you smoke.</li><li>• Think of other things to hold in your hand instead of a cigarette.</li><li>• Think of habits or routines to change.</li></ul>
<b>3 Days before your QUIT DATE</b>	<ul style="list-style-type: none"><li>• What will you do with the extra money when you stop buying cigarettes?</li><li>• Think of who to reach out to when you need help.</li></ul>
<b>2 Days before your QUIT DATE</b>	<ul style="list-style-type: none"><li>• Buy the nicotine patch or nicotine gum.</li><li>• Or see your doctor to get a nicotine inhaler, nasal spray, or non-nicotine pill.</li></ul>
<b>1 Days before your QUIT DATE</b>	<ul style="list-style-type: none"><li>• Put away lighters and ashtrays.</li><li>• Throw away all cigarettes and matches.</li><li>• Clean your clothes to rid the smell of smoke.</li></ul>
<b>QUIT DAY</b>	<ul style="list-style-type: none"><li>• Keep very busy.</li><li>• Remind family and friends that this is your quit day.</li><li>• Stay away from alcohol.</li><li>• Give yourself a treat, or do something special.</li></ul>

**Smoke Free – Congratulations!!**

# Steps For Preventing A Smoking **LAPSE** from Turning into a Smoking **RELAPSE**

## **DO NOT**

- Beat yourself up by feeling guilty or like a failure for smoking. These feelings will just make you want to smoke more.
- Tell yourself negative messages, like:
  - “It’s no use, I can’t quit... I may as well give up because I smoked!”
  - “I smoked because I’m weak and don’t have the willpower to quit.”
  - “I’m too old to quit... it’s too late for me anyway.”
- Put off quitting smoking again until later, when you think the stress or other reason for your lapse will go away. Stress is part of life; it will always be there in one form or another. Quitting again now, before your body gets used to nicotine again, will be easier than waiting until you are fully addicted to nicotine again later.

## **DO TAKE IMMEDIATE ACTION**

- **Put out your cigarette.** Get rid of all other cigarettes in your home, car, and place of work.
- **View your smoking lapse as a slip or mistake,** not a personal failing. Not all is lost because you lapsed to smoking. A lapse doesn’t make you a regular smoker again... unless you allow it too. Your returning to smoking is not a matter of lacking willpower. It’s a matter of lacking preparation for coping with smoking trigger situations... a problem that can be fixed!
- **Learn from the smoking lapse experience** by identifying the smoking trigger and analyzing the problem that led to your return to smoking.
- **Commit yourself to use better skills for coping** with the triggers that tempted you to return to smoking. Review your “Smoking Cessation Behavioral Plan” to select the best coping skills.
- **Seek support** in quitting smoking from a friend who understands the importance of quitting or join a “quit smoking” support group.
- **Tell your doctor** about your smoking lapse and ask for help in recovering quickly from your lapse. Ask about smoking cessation medications and counseling to get you back on track.

## **Remember**

**You have nothing to lose** by trying to quit. We are always here for you. If you relapse, you should make a new appointment, and together, we can re-work your treatment plan. You can always reach us at **888.702.0630**.

**Most importantly, believe in your own success. You can do this!**