

Name: _____ Date: _____

Quitting During Pregnancy

Quitting smoking or vaping ANY TIME is a good idea! No matter if you are early in your pregnancy or near your due date, quitting will help your baby now and after they are born.



List the people in your life who will support your efforts to quit.



Write down things that you are worried will happen if you try to quit.

Stress is one reason why people smoke or have a harder time quitting. It is important for you to find healthier ways to cope with stress. Some ways to deal with stress are below. Check at least one that you want to try this week.

Exercise. Exercising releases feel-good chemicals in your brain that can reduce stress.

Eat well. A healthy, balanced diet will give your body what it needs to feel healthy.

Sleep. Sleeping 7-9 hours at night will help you feel less stressed, get sick less often, and think more clearly.

Read. Regular reading (as little as 6 minutes a day) can keep your brain active and reduce stress.

Journal. Writing down 3 things a day for which you are thankful will help you feel more positive.

Laugh. Laughing releases feel-good chemicals in your brain. Have you heard a good joke lately?

Breathe. Deep breathing – slowly in through your nose and out through your mouth – can help you feel calm in a stressful moment.



Write down or draw a picture to describe the reasons you want to quit.

Pregnancy and Smoking



Breathe
Healthy Steps to
Living Tobacco Free



If you're ready to quit, call Quit Now Indiana at 1-800-QUIT-NOW (1-800-784-8669) or log on to equitnow.com for free, personalized support.