

Name: _____ Date: _____

You Had a Setback. Now What?

It's not always easy to quit smoking. Some days are going to be tougher than others. You may even have a setback and smoke/vape again. What can you do?

Smoking or vaping after you have already quit doesn't mean you failed. You're human and things like this happen. It's important that you don't let this setback throw you off of your goal to have a smoke/vape free life.

When you have a setback, it's important to look at what led up to it.



What was going on in your life in the days or the week before your setback?

Do you think these events added stress to your life? Stressful events can make us want to go back to comfortable old habits, even if they are not healthy.

It's good to have healthier habits we can turn to when life gets stressful.



What are healthy activities you enjoy doing that help you de-stress?

Examples: reading a book, taking a walk, soaking in a bath

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Your next steps should be to make a plan to quit again, if you haven't already.

1. Set a date to quit.
2. Talk to friends and family about your plan so they can help keep you on track.
3. Call Quit Now Indiana at 1-800-QUIT-NOW for support.
4. Talk to your doctor about quitting aids if you need the extra boost to get back to your smoke/vape-free life.

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.