

# Thinking About Quitting

## Ask Yourself...

- What do you like about smoking/vaping?
- What don't you like about smoking/vaping?
- How could your life be better if you didn't smoke/vape?
- What is stopping you from having that life?

## Positive Changes

Managing your stress in healthy ways is the key to success when trying to quit smoking/vaping. Thinking about something positive or changing activities can help get your mind off of the craving.

Try other things that you like - hobbies, exercise, or talking with a friend.

## Food for Thought

Nicotine, the harmful chemical in cigarettes, can make you feel less hungry, but it can also put a lot of stress on your heart and lungs. **The stress on your heart from smoking a pack a day is equal to being 90 pounds overweight.**

## Talk to your doctor to get help with quitting.

### FREE Quit Support:

- Visit [www.smokefree.gov](http://www.smokefree.gov)
- Pregnant people: for helpful text messages, text MOM to 222888
- Liv App, a free app of resources for pregnant people
- Text READY to 34191
- Log into [equitnow.com](http://equitnow.com)

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Tips for  
Quitting  
Smoking

