



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

TOP 10 TIPS

TO QUIT SMOKING

It's never too late to quit smoking, and quitting is one of the best things you can do for your health.

Within just three days of quitting, your oxygen levels increase, your risk of a heart attack decreases by 50%, and your lungs relax, making it easier to breathe.

Don't be discouraged if you've tried before and haven't succeeded. The more times you try, the more likely you are to succeed!



Make your home and vehicle(s) smoke-free zones. This will protect your loved ones from second- or third-hand smoke and make quitting easier.



Seek support from a program or a healthcare provider. To increase your odds of quitting for good.



Try medication to quit smoking. Speak to your healthcare provider about your medication options to quit smoking. Medications can double or even triple your chances of success, so make sure to take your medication every day.



Always wait five minutes before giving into a craving. Distract yourself during that time, because cravings often pass within five minutes.



Plan for cravings and make changes to your routine. If you know you always smoke in the same place and at the same time every day, change up your routine and plan to do things differently.



Keep tobacco products out of reach or outside. The more inconvenient or difficult it is to smoke, the easier the decision will be to wait five minutes and distract yourself, allowing the craving to pass.



Start learning how to manage your stress. Stress is a big obstacle many people face when quitting. Try different relaxation techniques, such as deep breathing or doing a hobby you enjoy, to take your mind off the stress.



Create a list of ways to distract yourself. Having a list of distractions handy will make it easier to distract yourself instead of smoking.



Put money aside to reward yourself. Figure out how much you will save once you've quit, then use that money to reward yourself for all your hard work.



Seek support from your loved ones. Let them know what type of support you'll need as you attempt to quit. It's important to tell them if you want more or less support, so they don't unknowingly add more pressure.

VISIT [OTTAWAHEART.CA/QSP](https://ottawaheart.ca/qsp) FOR MORE TIPS