

Create an Emergency Kit.

Make an Emergency Kit you can turn to if you have an urge to smoke. It can help you substitute healthier habits for cigarettes.

Here's how:

First, get a container that's at least big enough for a bottle of water. Maybe a plastic food container, quart size. Anything will do. You might even want to make more than 1 Emergency Kit. Flip this card over for a few ideas that might help distract you the next time you feel the urge to smoke.



In your backpack or purse:
That way you can be prepared when you're on the go.

Some places to store your Emergency Kit



In your refrigerator:
Then you'll have something else to reach for when you're having an urge at home.



In your briefcase or a drawer at work:
Instead of taking a smoke break, use your kit.

Some things to pack in your Emergency Kit:



A small water bottle that you can refill.

We recommend that you drink 8 cups of water a day in the first few weeks after quitting.



A pack of sugarless gum.

It can help keep your mouth active and breath fresh.



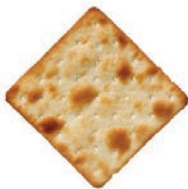
A photocopy or picture of your inspiration for quitting.

You could even just include somebody's name. Something to remind you why quitting smoking is important to you.



A small pack of toothpicks or coffee stirrers.

Licorice or cinnamon sticks would work, too. You can find any of these at many grocery stores. They're just there to chew on, to keep your mouth occupied.



Some healthy snacks in a small bag.

Carrot sticks, celery, or crackers are good choices.