



# Steps to Quitting Smoking

## Information for First Nations, Inuit, Métis and Urban Indigenous Peoples

Quitting smoking can be difficult. It may take more than one try, but don't give up! Here are some tips to help you on your journey:

- Write down your reasons for wanting to stop smoking. This can help to motivate you.
- Identify your smoking triggers (emotional, social, routine or withdrawal) and be prepared to replace smoking with a new habit like having gum or mints.
- Have coping strategies such as going for a walk, listening to music, beading, gardening, or doing an activity you enjoy for when you have a craving or are experiencing withdrawal symptoms.
- Practice the 4Ds: distract, drink water, deep breaths and delay (cravings last only for a few minutes).
- Set a quit date – write it down or put it in your calendar.
- Cut down by a few cigarettes a day. Keep cutting down until you're at zero.
- Consider joining a community quit smoking group for extra support and resources like nicotine replacement therapy which can increase your chances of quitting by helping to manage cravings.
- Talk to your health care provider for more information on resources that can help you to quit smoking.

Need this information in an accessible format?

1-877-280-8538, TTY 1-800-855-0511, [info@ontariohealth.ca](mailto:info@ontariohealth.ca)

Document disponible en français en contactant [info@ontariohealth.ca](mailto:info@ontariohealth.ca)

### Other Resources

Visit [tobacchowise.com](http://tobacchowise.com) for information on the Indigenous Tobacco Program.

Get fast, free health advice or find health services over the phone or online 24/7. Visit [Health811.ontario.ca](http://Health811.ontario.ca) or call **811** (TTY **1-866-797-0007**).

Call or visit Talk Tobacco for Indigenous smoking and vaping support at **1-833-998-8255** or [talktobacco.ca](http://talktobacco.ca)



Indigenous Tobacco Program  
[tobacchowise.com](http://tobacchowise.com)



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