

## Cravings pass in a few moments

Remember the 4 Deadly Ds:

- Delay
- Deep breathe
- Drink water
- Do something else

## Who else can support me?

Quitline is always there  
**13 7848**

# My Plan

## My main reason is

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- I am using quit medication
- I am using NRT (patches, gum, lozenges)

## My main barriers are

## My strategies are

## My support people are

## My Quit day is

## Remember

Having a cigarette or a few puffs after you have quit is a slip-up. You are still a moorditj quitter.

Find out what your trigger was and make a better plan.

Get back on track and quit for good.

## Good news about quitting

8 hr excess carbon monoxide gone

5 days most nicotine gone

1 week your senses of taste and smell get better

4 weeks blood flow improving

3 months lungs are working better

12 months risk of heart disease halved

5 years risk of stroke greatly reduced

## MOORDITJ NOW

You'll feel fitter and stronger  
and have more energy.

Funded by the Australian Government Department of Health and Ageing

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## Why I smoke

Physical

Feelings

Habit

## Why I'm Quitting

What gets in my way?

**PLAN  
ahead**

How I'm going to  
manage that

