



Quitting smoking can be a very difficult process. Don't be upset if you slip up and smoke a cigarette or two. Don't let this get you off track from your goal of being smoke-free. Use these tips if you slip up:

### **1. Understand that you've had a slip.**

- You've had a small setback. This doesn't make you a smoker again. One slip up doesn't mean you've failed. You can still quit for good.

### **2. Get back on the non-smoking track.**

- Remember: your goal is to not smoke any cigarettes, not even a puff.

### **3. Find the trigger.**

- What was the event that made you smoke? Was it a stressful meeting? Was it seeing someone else smoke? Was it being around a certain person? Be aware of that trigger. Then decide how you will cope with it when it comes up again.

### **4. Try different coping skills.**

- When you feel a craving, distract yourself. Play a game, do a crossword puzzle, scribble, or clean out a cabinet or drawer. If you don't have access to any of those things, try a breathing exercise like 4-7-8 breathing or ocean breath.

### **5. Learn from your experience.**

- What are some things that have helped you stay away from cigarettes? Write them down. Try them again when you feel like you're going to slip.

### **6. Ask for support.**

- Ask your friends, family members and loved ones, co-workers, and doctor to help you quit. What can those around you do to help? You don't have to do this alone!

**For more information and resources visit [Smokefree.gov](https://www.smokefree.gov) or contact the CHN Wellness Program at (212) 432-8494 or [wellness@chnnyc.org](mailto:wellness@chnnyc.org).**