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 or contact the CHN Wellness Program at (212) 432-8494 or wellness@chnnyc.org.