

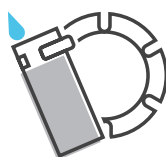
TAKING THE STEPS TO QUIT SMOKING

will positively impact your overall health and can help you recover faster from bone, joint, and muscle injuries. **Consider incorporating one or more of the following strategies to support your journey towards quitting and maintaining a smoke-free lifestyle:**

SOME HELPFUL STRATEGIES



Inform loved ones about your quit attempt.



Remove ashtrays and lighters from your surroundings.



Create a distraction list.



Seek support from positive influences.



Minimize time around smokers and smoking areas. Negotiate smoke-free environments with smokers at home and in the car.



Use safe substitutes like toothpicks, gum, or sunflower seeds.



Engage with your healthcare team and Motion MSK.



Avoid social temptation like visible cigarettes at convenience stores.



Keep something handy to occupy your hands (squeeze ball, fidget spinner, stone).

MAKE A PLAN

WHAT IS YOUR "QUIT" DATE?

CREATE YOUR DISTRACTION LIST WITH SAFE SUBSTITUTES AND STRATEGIES

LEARN TO TALK BACK TO THE URGE!