

Preventing and Managing Relapse



If you slip and use tobacco during your quit journey, take the opportunity to learn from the situation. **A slip does not mean failure.** In fact, many ex-smokers have slipped and eventually quit for good.



If you slip, ask yourself the following questions:

- What were you doing when you slipped?
- What time of day was it?
- Who were you with?
- How were you feeling?

Stress and weight gain are two of the most common reasons for relapse. Check out the tools and programs available at www.optimahealth.com/mylifemyplan to help you overcome these challenges along your journey.



If you start using tobacco again, consider common pitfalls and how to overcome them:

Do you really want to quit?



Remind yourself WHY you made the decision to quit.

Are you under too much stress?



Try healthy ways to cope with your stress and tap into your support system.

Do you need more help?



Build a support system that includes a tobacco treatment specialist or healthcare provider.

Do those extra pounds discourage you?



Most people gain less than five to ten pounds when they quit. The negative health effects of using tobacco are the same as carrying an extra 60-80 pounds.