

Avoid alcohol  
in first 2  
weeks



Rehearse  
overcoming  
stressful  
situations  
and triggers  
in your mind

Eat regular  
meals



# PREVENTING RELAPSE

7 researched ways to prevent relapse  
and remain smoke free after stopping smoking

Halve  
caffeine  
consumption



Do short  
sharp bursts  
of exercise to  
overcome a  
craving

Avoid  
passive  
smoke



Use combination quitting medications  
/Nicotine Replacement (patches, gum)  
plus counselling for at least 6 months