



# What If I Relapse?



## Don't Give Up!

- Most relapses occur in the first week after quitting smoking/vaping when withdrawal symptoms are the strongest and your body is still dependent on nicotine. Be aware that this will be your hardest time and use all your family, friends, and quitting tips.
- Know that most other relapses occur in the first three months after quitting. This happens at times when people reach for cigarettes or vape device automatically or because a stressful situation arises. Remember that smoking/vaping is a habit, but it is a habit that you can break.
- Don't give up!! If you relapse the best thing to do is to get yourself back on track.
- Re-read your reasons for quitting. Get rid of any cigarettes that you bought or have. Think about what led you to smoke.
- Plan new strategies for dealing with your relapse.
- Plan a new quit date.
- Try again. You can do it!!

What are some things you can do next time instead of smoking?

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