


Register  
today

November  
20


10-11am



**Breaking Free Day**  
**NOVEMBER 20TH**  
A CELEBRATION OF OVERCOMING NICOTINE ADDICTION  
CELEBRATION WEBINAR:  
[HTTPS://BIT.LY/BREAKINGFREEDAY](https://bit.ly/breakingfreeday)

WEBINAR  
10AM - 11AM

SHARE YOUR STORY ON OUR FACEBOOK & INSTAGRAM  
[@BREAKINGFREEDAY](#) [#BREAKINGFREEDAY](#) **AMPLIFY!**



Hear inspiring stories of people who have quit smoking and those that are on the journey to quit. Together we will celebrate breaking free from smoke and vapes.

SOL Project:

- Wants to hear your personal stories on your journey to stop smoking
- Provides resources to help people who smoke quit.

Contact: [info@thesolproject.com](mailto:info@thesolproject.com) or

Visit: [thesolproject.com/why-quit-smoking](https://thesolproject.com/why-quit-smoking)

**SOL**  
SAVING OUR LEGACY  
African Americans for Smoke-Free Safe Places

# TOP 10 TIPS TO QUIT SMOKING

**Quit Coaches from  
Kick It California  
provide  
their top 10 tips to  
quit for good.**

**KICK / T**  
California

Enroll online at  
[www.kickitca.org](http://www.kickitca.org)

    @kickitca

This material made possible by the California  
Department of Public Health and First 5 California.

1.

## **FIND A REASON TO QUIT**

Do you want to breathe easier? Be around longer for your family? Save money? Whatever gets you fired up, write it down. A strong reason can get you started. And it will help you stay quit when you're tempted to smoke.

2.

## **MAKE A PLAN**

Think about what triggers you to smoke. Is it stress? Being around smokers? Alcohol? Or something else? Plan to get through those times without smoking. Keep your hands busy and your mind off cigarettes. Examples: drink water, wash the dishes, talk to a nonsmoker.

3.

## **CALL 1-800-300-8086**

People who call Kick It California are twice as likely to quit for good. A trained Quit Coach will help you make a personal plan and offer support along the way. It's free, and it works!

4.

## **GET SUPPORT**

Research shows that support while quitting can really help. Talk with your family and friends about your plan to quit. Let them know what they can do to help you.

5.

## **USE A QUITTING AID**

Quitting aids like nicotine patches, gum, and other FDA-approved medications are helpful. They can cut withdrawal symptoms and increase your chance of quitting for good. Your health plan or Medi-Cal benefits may cover these products. Talk with your doctor about which quitting aids are right for you.

6.

## **MAKE YOUR HOME & CAR SMOKE-FREE**

Having smoke-free areas can help you stop smoking. And your friends and family will enjoy cleaner air and a longer, happier life - with you still in it!

7.

## **SET A QUIT DATE**

Choose a date when you will quit. This shows you're serious. And you're more likely to give it a try.

8.

## **QUIT ON YOUR QUIT DATE**

Sounds obvious, right? But what good is a quit date unless you actually try to stop smoking? Planning is good, doing is even better.

9.

## **PICTURE BEING A NONSMOKER**

After you quit, you have a choice to make. Are you a smoker who's just not smoking for now? Or are you a nonsmoker? For nonsmokers, smoking is not an option in any situation. Choose to see yourself as a nonsmoker.

10.

## **KEEP TRYING**

Most people try several times before they quit for good. Slips don't have to turn into relapses - but if they do, remember each time brings you closer to your goal.

*If you keep trying, you will succeed!*

Social Media Posts – Promote Breaking Free Day is November 20 on Facebook, Instagram or Twitter



**POST CAPTIONS**

Breaking Free From Nicotine! You are not alone. We are all in this together.

Sign up now for a virtual quit session at: <https://bit.ly/quitsmoking4u>

**OR**

We Fall Down & We Get Up!  
Never Give Up!  
Living without Nicotine is Possible!

Sign up now for a virtual quit session at: <https://bit.ly/quitsmoking4u>



**POST CAPTIONS**

Live a Lifestyle without Nicotine!  
Get familiar with Stop Smoking & Vaping Resources. If you can make it 1 week without smoking, you are 9 times as likely to successfully quit!

Sign up now for a virtual quit session at: <https://bit.ly/quitsmoking4u>

**OR**

Live Well, Love Life! You Can Break Free from Smoke & Vapes!

Sign up now for a virtual quit session at: <https://bit.ly/quitsmoking4u>

**HASHTAGS**

#BreakingFreeFromNicotine #BreakingFree #Cessation #StopSmoking #Amplify #SaveBlackLives