Getting Back on Track

So it was a hard job, but you've kicked the tobacco habit? Way to go! Quitting tobacco is the most important thing you can do for your health—so you can be stronger and healthier on the job and for all of life’s other challenges too.

Although a lot of the hard work is behind you, you still have to stay alert to stay quit. Your Tools for Health counselor can help you deal with the problems and challenges that former tobacco users sometimes face. One of these is slipping and going back to using tobacco.

If you slip and use tobacco a few times, don’t beat yourself up or tell yourself that you’ve failed. Quitting tobacco can be really hard, and millions of people who quit often have to deal with slips. Most people take more than one try to quit, but you can do it.

To get back on track, take a look at what happened and take action right away. Try to:

• Look at the situation like it’s an emergency and get out of it. Stop using tobacco immediately and throw away all tobacco products.

• Think about what caused the slip and what triggered it. Ask yourself questions like:
  – Where was I?
  – Who was I with?
  – What was going on around me?
  – Did something happen that upset me or stressed me out?

• When you figure out what caused the slip, make a plan for what you’ll do in the future. Your Tools for Health counselor can help you figure out what caused the slip and how to avoid it next time.

• If you get back on track and feel another slip coming, don’t give up. You’ll need to tap into your coping strategies that you’ll learn from your Tools for Health counselor.

Most importantly, remember to congratulate yourself every time you don’t slip. Every time you fight tobacco successfully, you’re further on the road to winning.