

A Quit Kit is a helpful stash of emergency essentials that quitters can turn to when they have the urge to smoke. Think of it as a gap between their teeth. This in case, a stash of straws, toothpicks, cinnamon sticks or breath mints can come to the rescue. A bottle of bubbles may also be a fun way for your quitter to replicate the movement of smoking that they have become accustomed to — with no harm done!

A FEW HANDY ESSENTIALS

Your quitter may have spent a lot of time holding a cigarette. After quitting, their hands might feel restless. A nail file or your quitter’s preferred mini-puzzles — from Sudoku to crossword puzzles — are all great options to keep their hands and fingers engaged.

WAYS TO SAY “SO
LONG STRESS!”

Items to help your quitter stay relaxed, like a stress ball or some herbal tea sachets, may help them cope with the anxieties of quitting smoking and give them a new way to chill out.

SWAPPING OUT CGS

Many quitters experience the urge to pick up a cigarette and put it between their teeth. In this case, a stash of straws, toothpicks, cinnamon sticks or breath mints can come to the rescue. A bottle of bubbles may also be a fun way for your quitter to replicate the movement of smoking that they have become accustomed to — with no harm done!

THE GOODY BAG

You might put all of these items into a small cosmetic pouch, a zipper plastic bag or a hand-decorated paper bag — something your quitter can carry with them easily.

A DASH OF #QUITSPIRATION

Give your quitter a journal or calendar to track progress, plan rewards or just doodle in during tough moments. Add a personal touch with a handmade card telling your quitter just how proud you are.

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