

Your Quit Kit

A quit kit is a box of helpful items you can use when you feel the urge to use tobacco. It's there to comfort you and keep your hands and mind busy during tough moments.

Fill your kit with things that help you feel good!

Comfort



Pick things that help you feel calm, relaxed, or comforted, such as:

- Soft blankets or plush toys
- Scented candles or essential oils
- Stress-relief balls or fidget toys

Distraction



Include items that provide distraction and engagement, such as:

- Puzzle books or adult colouring books
- Crossword puzzles or sudoku
- Arts supplies for drawing or crafts

Healthy Snacks



Add healthy snacks to help with cravings, instead of reaching for tobacco, such as:

- Nuts, seeds, or dried fruit
- Sugar-free gum or mints
- Sliced fruits or vegetables

Helpful words



Write down positive messages that help you feel strong when things get tough, such as:

- "Keep Going"
- "You Can Do This"
- "Stay Strong"