

7 STRATEGIES TO CHANGE YOUR HABITS

Small Changes That Actually Stick: Why Habits Matter

Quitting nicotine isn't just about willpower—it's about what your brain does automatically. Habits are routines your brain repeats without thinking, which is why cravings feel so strong.

Most habits follow a loop:

Cue → Craving → Action → Reward

Example: coffee → craving nicotine → smoke/vape → temporary relief

The goal isn't just to stop—it's to change the loop. By understanding your habits, you can replace old patterns with healthier ones and build new routines that stick. Small, consistent changes are easier to maintain than relying on willpower alone, and each tiny win strengthens your ability to quit for good. Combine habit changes with tools like nicotine replacement, coaching, or support apps to make quitting even more manageable.

For more tips Try checking out these other resources:

- "Atomic Habits" by James Clear
- American Heart Association Healthy Habits Video Series - Heart.org
- American Lung Association Freedom From Smoking
- The Power of Habit" by Charles Duhigg
- Tiny Habits: The Small Changes That Change Everything" by BJ Fogg

And Remember:

You don't need a perfect system—you need a repeatable one. Small, consistent habit changes add up, leading to real, lasting change.

1. MAKE IT INVISIBLE

If you don't see it, you're less likely to use it

- Remove vapes, cigarettes, and lighters from your home/car
- Avoid places or situations where you usually smoke
- Change up your routine to avoid triggers (ex: take a different route to work, drink tea instead of coffee, etc.)

2. MAKE IT UNATTRACTIVE

Take a moment to remind yourself of what you don't like about it: the cost, the dependence it creates, and the effects on your health or the way it smells.

- Then reframe your thinking. Ex: this isn't helping me relax—it's just feeding a cycle.

3. REPLACE THE ACTION

Swap an old habit for a healthier alternative. Focuses on stopping the habit by giving your brain something else to do.

- After meals → go for a short walk
- During stress → take deep breaths
- While driving → chew gum or listen to music

4. MAKE IT HARDER

Create some friction between yourself and the habit. Don't carry nicotine products with you, and keep them stored somewhere inconvenient. When a craving hits, pause and wait ten minutes before giving in—the small extra effort gives your brain a chance to catch up.

5. STACK A BETTER HABIT

Add a new habit onto an existing routine. Focuses on building positive habits by linking them to things you already do.

- After coffee → drink water + stretch
- After work → go for a walk instead of smoking
- When stressed → take 3 deep breaths before reacting

6. TRACK SMALL WINS

Keep track of how many times you manage to resist a craving, and take the time to celebrate cutting back, not just quitting completely. Each small success adds up, building momentum toward lasting change.

7. MAKE IT SOCIAL

Share your goal with someone you trust and ask for their support or accountability. Surround yourself with people who don't use nicotine, so your environment naturally reinforces the changes you want to make.