

The page is decorated with various autumn-themed illustrations. There are several acorns scattered throughout, some in the top corners and others near the bottom. The leaves are in various colors: green, yellow, orange, and red. Some are large and detailed, while others are smaller and more stylized. The background is a light, warm yellow color.

Never Give Up

The holiday season can be a challenging time for those looking to quit smoking or stay smoke-free. With festive gatherings, stress, and a change in routine, the triggers for smoking cravings may intensify. However, with the right strategies, you can navigate the holidays without succumbing to tobacco temptations.

- **Plan Ahead:** Anticipate situations that might trigger cravings and plan how to handle them.
- **Stay Active:** Engage in physical activities to combat stress and distract yourself from cravings.
- **Lean on Support:** Let your friends and family know about your decision to quit smoking.
- **Mindful Breathing:** Practice deep, mindful breathing to manage stress and cravings.
- **Visualize Success:** Create a mental image of yourself as a non-smoker.

*because great things
take time*