



Make way for a healthier you

Recognise your triggers

Recognising your triggers is an important step in overcoming tobacco use. Steer clear of them, until you're less tempted. Instead, take a walk, talk to a friend or 'quitting buddy', chew gum or carrots — until the moment passes.



Waking up



Driving



Boredom



Caffeine



Alcohol



Concentration



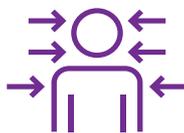
Relaxation



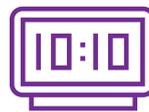
Socialising



Celebrating



Stress



Work breaks



Phone calls

For help stopping smoking, search Aetna International's **'Quit smoking support & resources'** hub. With the right tips and support, you can break the habit. Stay strong. If you slip up one day, just refocus and try again. **You can do this.**

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