

Motivation

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Motivation is the key word for quitting smoking.

Quitting is a real challenge to set oneself; it is also a true learning process requiring a genuine degree of self knowledge and **self-esteem**.

As soon as you make the decision to quit, carefully examine your **life habits** and consumption to understand the key moments of the day when you crave a cigarette.

Examine your motivation and really think through the reasons pushing you to quit: then choose a **favourable moment**. Be aware that holidays are not perhaps the ideal period for quitting, as the stress caused by going back to work can be a major risk of relapse.

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