*** KICK IT: A Guide to Smoking Cessation in the Workplace***

**Relapse**

A relapse is when you start smoking again on a regular basis. This will not prevent you from quitting smoking. Quitting smoking is a process and most people make more than one quit attempt before they quit for good! As long as your learn something positive with each quit attempt, you will be further ahead than before you made the quit attempt.

Relapse only becomes a negative thing if you let it get you down.

How to Overcome Relapse.

* Do not beat yourself up.
* Think of a relapse as a learning experience and one more step in your journey to becoming smoke free.
* Be proud of the time you were smoke-free.
* Start planning a new quit attempt right away, including developing a plan to prevent relapse.

**Note to Self.**

* Be understanding with myself during this time. For ex. take time off, work at a slower pace, get busy with a new project or whatever works best for you.
* Let people know what I’m going through and ask for their support and understanding. It may help to talk to someone about what’s happening to me.

Source: <http://www.gosmokefree.gc.ca>