

# Quitting Tips for Nicotine & Cannabis



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Take back control. Quitting nicotine or cannabis is no easy feat. Below are some tips and tricks that you can utilize to help with quitting either nicotine or cannabis. You got this!



Think about your **reasons for quitting**, which can be very motivating.



Plan your quit date **within 1-3 weeks**.



Prepare your environment by **throwing away your tobacco and cannabis products, lighters, and related supplies**.



Consider different ways of quitting other than "cold turkey" such as **behavioral and medical support** (e.g., NRTs and behavioral therapy).



Withdrawal symptoms are common and temporary. **Plan for how to cope with them.**



**Identify strategies** to deal with your triggers.



Explore **healthy activities**.



Get support. **You are not alone.**



For more information, infographics, and quitting resources, visit:

[resources.stanfordreachlab.com](https://resources.stanfordreachlab.com)



Practice **stress-reducing** techniques.



It might take a few tries. **You got this!**