If you've quit or are trying to quit tobacco, which cessation strategies work best for you? [1]

- Taking a walk or jog to fend off cravings. 5% (5 votes)
- Keeping a list of reasons why I've quit nearby. 4% (4 votes)
- Having gum or hard candy ready for when I feel like using tobacco. 45% (42 votes)
- Counting all of the money I'm saving by not buying tobacco products. 4% (4 votes)
- Distracting myself from cravings by calling or texting the people close to me, 3% (3 votes)
- Other strategies not listed here help me most. 38% (36 votes)

Total votes: 94