

What's in your Quit Kit and why

- ❖ **Cinnamon and Tea Tree Mint toothpicks** to have something to put in your mouth instead of a cigarette.
- ❖ **5 wire fidget rings** to keep your hands busy and calm nerves. Rolling them up and down your fingers will activate calming acupuncture meridians.
- ❖ **Altoids minis**-sugar free peppermint
- ❖ **5 Sensory strips** to put on your phone or other devices. Rubbing them is calming.
- ❖ **A worry stone with the word Breathe on it.** Helps you practice mindfulness, have something in your hands and can have essential oils added if desired.
- ❖ **Custom blended aromatherapy inhalers.** One for calming stress and anxiety and one for nicotine cravings.
- ❖ **Acuwellness Sleep Tea bags.** This herbal tea is a calming blend that you can drink up to 4 times a day. Non-sedating.
- ❖ **Breathe necklace** to wear and use to take deep breaths through. Somewhat mimics the action of putting a cigarette in your mouth.
- ❖ **EFT brochure** with instructions on how to tap.
- ❖ **Positive motivational stickers** to remind you that You've Got This!