

And Then There was More... Help with Cravings and Tough Situations

If possible try and spend as much time in areas where smoking is prohibited.

You've heard this before...Drink plenty of water
- try to avoid drinks that you associate with smoking.

Strike up a conversation in place of a match.

If your hands need to be busy try playing with a pencil, an elastic, or paper clip.

If you feel that you need to put something in your mouth, try a toothpick, gum, carrots.

Avoid temptation, try to stay away from situations that you associate smoking with.

Create new habits in a non-smoking environment.

Anticipate situations that you may want to smoke in; remind yourself why you want to quit.

Take deep breaths as if you were smoking to try and relax.

Think Positive thoughts... "I can do this"

Try doing brief burst of exercise (push-ups, squats, stretching).

Call a friend.

Try having several small meals throughout the day. This helps to keep blood sugar levels constant and helps prevent the urge to smoke.

REWARD YOURSELF FOR DOING YOUR BEST

"They can because they think they can."

-Virgil