

## TIPS AND COPING SKILLS FOR QUITTING SMOKING

### Getting Started

- Make a list of reasons for quitting
- Think positively!
  - Believe you can do it
  - Remind yourself, “I don’t do that anymore”
  - Don’t make a big deal of it
  - Visualize yourself as a nonsmoker
- Use relaxation breathing
  - Inhale to a count of eight
  - Hold to a count of four
  - Exhale to a count of eight
- Substitute items for cigarettes
  - Chew gum
  - Suck on hard candy
  - Chew on straws or toothpicks
  - Eat low-calorie snacks
- Keep your hands busy
  - Play cards
  - Read books
  - Put together puzzles
  - Play with rubber binders
  - Make crafts
  - Write letters
  - Draw and paint
- Concentrate on the good things in your life!
- Plan your reward for each day you do not smoke
- Remember that even the most intense craving lasts only five to 10 minutes. Wait it out.

### Avoiding a Relapse

- Have a plan for how you will deal with the unexpected urges. (Take a walk, make a call.)
- Stop and think! Think your way through the difficult situations.
- Reward yourself when you reach milestones: one day, one week, two weeks, one month, etc.
- Go places where you cannot smoke and stay away from the places you used to smoke.
- Think about the money you saved!
- Think of quitting as an act of love – for those you care about and for yourself!
- Discuss the options for quitting with your doctor and consider enrolling in a quitting smoking class.