

Tips and Coping Skills for Quitting Smoking

Getting Started

- Make a list of reasons for quitting.
- Think positively.
 - Believe you can.
 - 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 count of eight.
 - Hold to count of four.
 - Exhale to 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.
 - Paint.

- Concentrate on the good things in your life!
- Plan your reward for each day you don’t smoke.
- Remember that even the most intense craving lasts only 5 to 10 minutes. Wait it out.

Avoiding a Relapse

- Have a plan for how you will deal with 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 to places where you cannot smoke — 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 with your doctor the options for quitting and consider enrolling in a quitting smoking class.

