

Positive & Negative Aspects of Smoking

Q: What are the **Positive Aspects** of smoking?

A: What you like about smoking.

Q: Why are they important?

A: Knowing what you like about smoking **helps you find other activities** that make you feel good. You can do these instead of smoking.



Q: What are the **Negative Aspects** of smoking?

A: Bad things that smoking can do to you.

Q: Why are they important?

A: Remembering the negative ways smoking has affected you can **help you remember why you want to quit or reduce** your smoking.



Examples of Negative Aspects of Smoking:

Increases risk of many types of cancers

Increases risk of many other diseases

Upsets friends and family

Can make you feel sick

You want to use more (Tolerance)

Makes you smell bad

Once you start, you can't stop (Addiction)

Increases risk of heart attacks

Cigarettes cost a lot of money

Can lead to premature babies

Dries out skin and causes wrinkles

Second-hand smoke can harm loved-ones

Shortness of breath

Decreased senses of smell and taste

Yellow-stains on teeth

Other people look down on you

Can mess up the positive effects of medication

Yellow-stains on fingers

Positive & Negative Aspects of Smoking

Knowing what you like about smoking **helps you find other activities** that make you feel good. You can do these instead of smoking.

What do **I like about smoking**?

helps me feel calm when I am nervous
alternative: _____

helps me feel better when I am sad
alternative: _____

helps my symptoms get better
alternative: _____

helps my medication side effects get better
alternative: _____

is something to do when I'm bored
alternative: _____

is something to do with other people
alternative: _____

smells / tastes good
alternative: _____

helps me relax
alternative: _____

alternative: _____

alternative: _____

Remembering the negative ways smoking has affected you can **help you remember why you want to quit or reduce** your smoking.



How does **smoking affect me**?

coughing

shortness of breath

cigarettes cost a lot of money

can't stop smoking (addiction)

smells bad

upsets family / friends

need to keep smoking more

second-hand smoke can harm others

yellow stains on teeth

yellow stains on fingers

other people look down on me

smoking interferes with medications

dry skin / wrinkles

can't smell / taste things as well

Habits, Cravings, and Triggers



Q: What is a **habit**?

A: A **routine**--or smoking **without thinking about it**.

Q: What can I **do** if I smoke out of habit?

A: **Notice when** I'm smoking smoke, and **break my routine**.



Q: What is a **craving**?

A: A **strong physical urge** to smoke.

Q: What can I **do** if I have a craving?

A: Do a **non-smoking activity**, and **keep my hands and mouth busy**.

Q: What is a **trigger**?

A: Something that **causes a craving** – a person, place, thing, or feeling, that **makes you want to smoke**.

Q: What can I **do** about triggers?

A: **Notice** your triggers, and **stay away** or **get away** from them.

Habits, Cravings, and Triggers

If you smoking out of **habit**, notice when you smoke, and break your routine.

How will I **change my routine**?

Move my cigarettes to _____.

Move my ashtrays / lighters / matches to _____.

Change my morning routine by _____.

During free time at the program, I can _____.

_____.

If you have a **craving**, do a non-smoking activity that keeps your hands and mouth busy.



What **activity** will I try **when I have a craving**?

eat a healthy snack

chew a piece of gum

play cards

knit or draw

talk to someone one of these people: _____

go somewhere I can't smoke: _____

Notice your **triggers**, and stay away or get away from them.



How will I **get away from triggers**?

spend time with non-smokers

leave areas that smell like smoke

ask friends not to offer me cigarettes

stay away from the place I by cigarettes

go somewhere I don't smoke: _____

Effects of Smoking & Benefits of Quitting

Smoking affects the body in many ways.

It can have negative effects on all these systems:

Lungs

Liver

Immune system

Heart

Stomach

Skin



The Good News on Quitting!

Quitting increases your life expectancy, so you live longer and better.

24 hours after quitting, chances of having a heart attack decrease.

Within a month or two, you can feel your lungs working better. You have more energy and no more cough.

Quitting will lower your chances of having a stroke or getting cancer.

The people you live with will be healthier.

Effects of Smoking & Benefits of Quitting

How has **smoking affected my health?**

hard to breathe

asthma

lung cancer

heart attack

coughing

emphysema

mouth cancer

stomach or other cancer

high blood pressure

low energy

dry skin

heart beats really fast

liver problems

yellow fingers or teeth



The **Good News on Quitting!**

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Within a month or two, you can feel your lungs working better. You have more energy and no more cough.

Quitting will lower your chances of having a stroke or getting cancer.

The people you live with will be healthier.



High Risk Situations

Q: What is a **high risk smoking situation** (HRS)?

A: It is a situation that **always makes a person want to smoke**. HRS can be:

1) One BIG trigger (such as meals, coffee, *or* waking up in the morning)

2) Two or more small triggers (such as smelling smoke *and* seeing people smoke)



Finding My HRS

What are my **triggers**?

feeling stressed or worried

feeling angry

smelling smoke

seeing lighters or matches

talking about smoking

spending time with friends

time around AA or NA

drinking coffee

being in a place where I usually smoke

feeling sad or depressed

seeing people smoking

feeling bored

seeing ashtrays

waking up in the morning

eating a meal

spending time with family

using drugs or alcohol

High Risk Situations

A **high risk smoking situation** (HRS) is a situation that makes a person want to smoke because it has:

One BIG trigger (such as a meal or coffee), or

Two or more small triggers (such as smelling smoke *and* seeing people smoke)



What are my **High Risk Situations with one BIG trigger**?

1) _____

2) _____

What are my **High Risk Situations with two or more small triggers**?

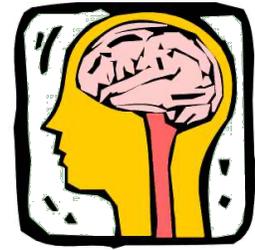
1) _____

2) _____

Coping with Side Effects of Quitting Smoking

Q: What causes **side effects** of quitting?

A: Withdrawal symptoms occur when someone stops smoking because the body is used getting nicotine. These side effects are how the body tells someone that it needs more nicotine. **The longer a person goes without smoking, the better the side effects get.**



Q: What is **NRT**?

A: “Nicotine Replacement Therapy” contains nicotine the body craves. It comes in many forms, such as: **lozenge, gum, and patch.** It helps people who are quitting cigarettes **cope with cravings.**

Q: What about **medications**?

A: A person’s **doctor may prescribe** a certain type of medication (called **Bupropion, Wellbutrin, and Zyban**) that helps with quitting.



Some options:

Symptom

Relief

Feeling irritable, cranky, anxiousTake a walk or a hot bath, do relaxation

Depressed mood.....Do something fun, talk to someone

Feeling restless.....Take a walk, do relaxation, do something fun

Trouble sleepingAvoid caffeine, do relaxation

Trouble thinking clearly/concentrating.....Plan light workload, ask for help, avoid stress

Feeling hungry/weight gain.....Drink water or low-cal drinks, eat low cal snacks

Constipation, gas, stomach pain.....Drink lots of fluids, eat high-fiber foods (fruits, vegetables, grains)

Coping with Side Effects of Quitting Smoking

Side effects of quitting happen when the body starts recovering repairing itself. The longer a person goes without smoking, the better the side effects get.

How do **side effects of quitting** and **withdrawal symptoms** affect me?

feel sad	have trouble sleeping	feel stressed
feel restless	have trouble thinking or concentrating	
have gas	have stomach pain	feel hungry
feel constipated	feel irritable or cranky	gain weight

feel cravings for cigarettes – strong physical urges smoke (5-10 minutes)

What can I **do to cope** with side effects of quitting?

try the nicotine lozenge, gum, or patch

try a medication, like Zyban, from my doctor

use a piece of sugar-free gum or candy

hold a pencil, tennis ball, or stress ball

play a game or cards

talk to someone: _____

go somewhere I can't smoke: _____



Avoiding & Escaping HRS

Q: What can I do about High Risk Situations?

A: Try one of these options:

1. **Avoid** the situation by staying away from it.
2. **Escape** the situation by leaving it.



What can I **do to avoid** HRS?

get rid of ashtrays, lighters, and matches, which can be triggering

spend time with non-smokers: _____

spend time in non-smoking places: _____

distract myself with non-smoking activities: _____

What can I **do to escape** HRS?

practice refusing cigarettes and invitations to smoke

offer to do a non-smoking activity instead of smoking

tell people when a situation is triggering and leave

go for a walk and go to a non-smoking place, such as: _____

Avoiding & Escaping HRS

My Plan for Avoiding & Escaping HRS:

To stay away from _____, I will _____.
(HRS) (way to avoid HRS)

To stay away from _____, I will _____.
(HRS) (way to avoid HRS)

To stay away from _____, I will _____.
(HRS) (way to avoid HRS)



When I am _____, I will _____.
(HRS) (way to avoid HRS)

When I am _____, I will _____.
(HRS) (way to avoid HRS)

When I am _____, I will _____.
(HRS) (way to avoid HRS)

Refusal Skills

Q: Being offered cigarettes or asked to smoke with a friend can **trigger** me to smoke. What can I do about it?

A: Learning to nicely **turn down cigarettes** and invitations can be helpful.

Q: What if I **feel uncomfortable** or pressured?

A: Here are a few easy steps to follow. **Role-playing these steps** with a friend or Peer Mentor may be helpful practice for turning down cigarettes, people who ask you to smoke, or any other situation in which you may feel uncomfortable saying no to someone.



Step 1: Make **eye contact**.

Step 2: **Tell the person** that you cannot do what he/she asked you to do.

Step 3: **Give a reason** why you cannot do it.

Step 4: Offer an **alternative**.

Who can I practice with?

my Peer Mentor: _____

my family member: _____

my friend: _____

someone else: _____

Refusal Skills

Step 1: Make **eye contact**.

Step 2: **Tell the person** that you cannot do what he/she asked you to do.

Step 3: **Give a reason** why you cannot do it.

Step 4: Offer an **alternative**.



What situation will I practice?

someone offering me a cigarette

someone asking me to smoke with him/her

someone asking me to do something that could trigger me to smoke

what activity? _____

something else: _____

Leaving Stressful Situations

Q: Why are stressful situations important?

A: Stress can **trigger** someone to smoke, so leaving stressful situations can be helpful to someone trying to quit smoking.

Q: What can I **do** to deal with stressful situations?

A: Follow these **steps**:



Step 1: Determine if the situation is stressful.

Step 2: Tell the other person that situation is stressful and that you must leave.

Step 3: If there is a conflict, tell the other person that you will **discuss it another time**.

Step 4: Leave the situation.

How do I know if a situation is stressful?

I feel:

tense frustrated worried afraid angry

I do:

shake sweat yell feel my heart racing



Who can I practice with?

my Peer Mentor: _____

my family member: _____

my friend: _____

someone else: _____

Leaving Stressful Situations

Step 1: **Determine** if the situation is stressful.

Step 2: **Tell the other person** that situation is stressful and that you must leave.

Step 3: If there is a conflict, tell the other person that you will **discuss it another time**.

Step 4: **Leave** the situation.



What situations will I practice?

Asking for Support

Q: Why should I ask other people for support?

A: People who are quitting smoking **do better** when other people support and help them.

Q: Who should I ask and **how** can I ask others for support?

A: Follow these **steps**:



Step 1: Identify an appropriate support person and a time and place to speak with them.

Step 2: Tell your support person that you are **planning on quitting** smoking and the reasons why.

Step 3: Ask the person if they could be a support person and tell them why you are asking.

Step 4: Tell the person the **type of support** you need and what you are asking of them.

Step 5: Thank the person.

Who can I ask for **support**?

my family member: _____

my friend: _____

someone else: _____

Who can I **practice** with?

my Peer Mentor: _____

my family member: _____

my friend: _____

someone else: _____

Asking for Support

Step 1: Identify an appropriate support person and a time and place to speak with them.

Step 2: Tell your support person that you are **planning on quitting** smoking and the reasons why.

Step 3: Ask the person if they could be a support person and tell them why you are asking.

Step 4: Tell the person the **type of support** you need and what you are asking of them.

Step 5: Thank the person.



Who can I ask for **support**?

my family member: _____

my friend: _____

someone else: _____

How can someone **support** me?

not offer me cigarettes

talk to me about my goals quitting/reducing

talk to me about triggers/problems

do a non-smoking activity with me

Coping with Depression

Q: Why is important to think about coping with depression?

A: Some people smoke more cigarettes to help them cope with feeling sad or depressed.

Q: What can I do if smoking helps me cope with depression?

A: Try any of these things, and **plan ahead:** talk to someone, do something pleasant, problem-solve, or talk to the doctor.



Who can I talk to if I feel sad?

my family members: _____

my friends: _____

my Peer Mentor: _____

my doctor: _____

someone else: _____

What can I do?



watch TV or a movie

eat something, like a healthy snack

play cards

go to an AA or NA meeting

go to a group

go outside or for a walk

read a book

draw, knit, or write

listen to music

How can I **get help** to **problem-solve**?

This works best if there is a certain problem that is making you sad.

1. Figure out what the problem is: _____
2. Talk to someone (like a counselor) about the problem and possible solutions.

Coping with Depression



Who can I talk to if I feel sad?

my family members: _____

my friends: _____

my Peer Mentor: _____

my doctor: _____

someone else: _____

What can I do?

watch TV or a movie

eat something, like a healthy snack

play cards

go to an AA or NA meeting

go to a group

go outside or for a walk

read a book

draw, knit, or write

listen to music

My Plan for Coping with Depression

When I feel sad/down/depressed, I will: _____.

If that does not help, I will: _____.

A third thing I will try is: _____.

Coping with Anxiety and Stress

Q: Why is it important to think about coping with anxiety and stress?

A: Some people smoke more cigarettes to help them cope with feeling anxious or stressed out.

Q: What can I do if smoking helps me cope with anxiety and stress?

A: Try any of these things, and **plan ahead:** talk to someone, do something relaxing, problem-solve, or talk to the doctor.



Who can I talk to if I feel anxious or stressed out?

my family members: _____

my friends: _____

my Peer Mentor: _____

my doctor: _____

someone else: _____

What can I do?



listen to calming music

practice meditation/relaxation

read a book

practice deep breathing

go outside or for a walk

draw, knit, or write

How can I **get help** to **problem-solve**?

This works best if there is a certain problem that is making someone worry.

1. Figure out what the problem is: _____

2. Talk to someone (like a counselor) about the problem and possible solutions.

Coping with Anxiety and Stress

Who can I talk to if I feel anxious or stressed out?

my family members: _____

my friends: _____

my Peer Mentor: _____

my doctor: _____

someone else: _____

What can I do?

listen to calming music

practice deep breathing

practice meditation/relaxation

go outside or for a walk

read a book

draw, knit, or write



My Plan for Coping with Anxiety and Stress

When I feel sad/down/depressed, I will: _____.

If that does not help, I will: _____.

A third thing I will try is: _____.

Coping with Low Motivation

Q: Why is important to think about coping with low motivation?

A: Many people experience changes in their feelings about quitting smoking. Preparing for these times can help people stay on track with their goals, even if they are less focused on smoking.



Q: What can I do if I feel less motivated to quit smoking?

A: Try any of these things, and **plan ahead**.

Who can I talk to if I feel less motivated to work on my smoking goals?

my family members: _____

my friends: _____

my Peer Mentor: _____

my doctor: _____

someone else: _____

What can I do?



list the reasons I wanted to quit: _____

think about how life is better with fewer or no cigarettes: _____

do something to reward myself for all my hard work: _____

Coping with Low Motivation

Who can I talk to if I feel less motivated to work on my smoking goals?



What can I do?

list the reasons I wanted to quit : _____

think about how life is better with fewer or no cigarettes: _____

do something to reward myself for all my hard work: _____

My Plan for Coping with Low Motivation

When I feel less motivated, I will: _____.

If that does not help, I will: _____.

Coping with Boredom

Q: Why is it important to think about coping with boredom when quitting smoking?

A: Many people use smoking as an activity when they feel bored. Boredom can be a trigger.

Q: What can I do if boredom is one of my triggers?

A: Try doing other, **non-smoking activities**, and **plan ahead!**



Who can I talk to if I feel bored?

my family members: _____

my friends: _____

my Peer Mentor: _____

my doctor: _____

someone else: _____



What can I do?

listen to music

read a book or magazine

go for a walk

play cards

work on a puzzle

watch TV or a movie

Coping with Boredom

Plan for Coping with Boredom

- (1) **Think of activities** you like to do that don't involve smoking.
- (2) **Pick an activity** that you like and **try it out!**
- (3) **Keep doing** that activity, or **pick another** one to do.



Who can I talk to if I feel bored?

What can I do?

listen to music

read a book or magazine

go for a walk

play cards

work on a puzzle

watch TV or a movie



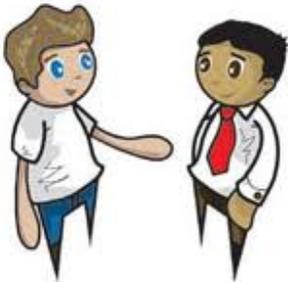
Making Small Talk

Q: Why is making small talk important when you quit smoking?

A: Lots of people smoke when they socialize. Spending more time with non-smokers will help you avoid being triggered by other people smoking.

Q: How can I practice making small talk?

A: Here are a few easy steps to follow. Using **these steps** with a friend or Peer Mentor may be helpful practice for making conversation with people you don't know very well.



Step 1: Make **eye contact** and **say hello**.

Step 2: Ask a **general question**.

Step 3: Make small talk by **asking questions about an appropriate topic**.

Step 4: Give a reason and **say goodbye**.

Who can I make small talk with?

my Peer Mentor: _____

my family member: _____

my friend: _____

someone else: _____

Making Small Talk

Step 1: Make eye contact and say hello.

Step 2: Ask a general question.

Step 3: Make small talk by asking questions about an appropriate topic.

Step 4: Give a reason and say goodbye.



What **general questions** can I ask?

How are you?

What **appropriate topics** can I ask about?

Weather

Sports

Food

Movies/TV/Music

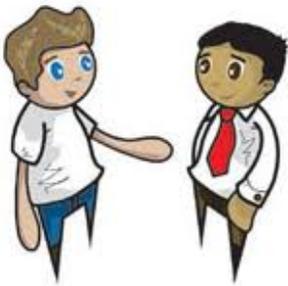
Making Plans

Q: Why is making plans with a friend important when you quit smoking?

A: Spending time with other people who are smoking may trigger you to want to smoke, so you may want to spend more time with non-smokers, which could mean making plans with them.

Q: How can I practice making plans?

A: Here are a few easy steps to follow. Using **these steps** with a friend or Peer Mentor may be helpful practice for making plans with people you don't know very well.



Step 1: Make **eye contact** and **say hello**.

Step 2: Ask a **general question**.

Step 3: Invite the person to do a fun **non-smoking activity** with you.

Step 4: **Confirm the invitation** then give a reason and say goodbye.

Who can I make plans with?

my Peer Mentor: _____

my family member: _____

my friend: _____

someone else: _____

Making Plans

Step 1: Make **eye contact** and **say hello**.

Step 2: Ask a **general question**.

Step 3: Invite the person to do a fun **non-smoking activity** with you.

Step 4: **Confirm the invitation** then give a reason and **say goodbye**.



Who can I make plans with?

What **non-smoking activities** can we do?

Go out to eat

Watch a movie

Play a board game/cards

Coping with Lapses

Q: What is a lapse?

A: A **lapse** is when someone who quit smoking decides to smoke a cigarette. It can happen if the person is experiencing a high risk situation or dealing with other triggers. The problem with lapses is they can become relapses.

Q: What is a relapse?

A: A **relapse** is when a person returns to smoking cigarettes. It is easier to stay quit after a lapse than quit smoking again after a relapse. The most important thing to do is **plan ahead** for lapses.

Planning for a Lapses:



1) Stop! Keep calm!

Go to a quiet, calm place away from the situation.

Read your list of reasons you want to quit smoking.

2) Remember your hard work.

Remember how far you have come and how hard you have worked to get there.

3) Use your plan:

- ❖ Get rid of all cigarettes and other triggers.
- ❖ Escape the high risk situation.
- ❖ Distract yourself with a non-smoking activity.

4) Ask for help.

Coping with Lapses

My Plan:



1) Stop! Keep calm!

Where can I go that I will not be triggered to smoke?

2) Remember your hard work.

What have I accomplished so far? _____

Why do I want to quit smoking? _____

3) Use your plan:

- ❖ Get rid of all cigarettes and other triggers.
- ❖ Escape the high risk situation.
- ❖ Distract yourself with a non-smoking activity.



What activities can I do? _____

4) Ask for help.

Who can I ask? _____

Other Substances as Triggers for Smoking

Q: Why is it important to think about **other substances** people use when they are quitting smoking cigarettes?

A: Using other substances **can be a high risk smoking situation.**

Q: How are other substances high risk situations, and what can I do about them?

A: The lists below explain how other substances can trigger smoking and what to do about those situations.



Using other substances (alcohol, drugs, even coffee) can be a **HRS for smoking because:**

1. These substances are often **strong triggers for smoking** (e.g., coffee and cigarettes, beer and cigarettes). That is, you are used to smoking when you drink coffee or alcohol or use drugs.
2. When you are under the influence of drugs or alcohol it is **harder to make good decisions about not smoking.**
3. Situations in which people use drugs or alcohol are more likely to be situations where **people are smoking cigarettes and cigarettes are around.**

Skills to use:

1. **Avoid** or **Escape** the high risk situation
2. Practice **Refusal Skills**



Other Substances as Triggers for Smoking

How can using other substances be a **high risk smoking situation**?

1. These substances are often **strong triggers for smoking** (e.g., coffee and cigarettes, beer and cigarettes). That is, you are used to smoking when you drink coffee or alcohol or use drugs.
2. When you are under the influence of drugs or alcohol it is **harder to make good decisions about not smoking**.
3. Situations in which people use drugs or alcohol are more likely to be situations where **people are smoking cigarettes and cigarettes are around**.



What substances **trigger me** to smoke?

Coffee

Soda

Alcohol

Drugs: _____

What can I do if using other substances triggers me to smoke?

1. **Avoid** or **Escape** the situation by: _____
_____.
2. Practice **refusal skills**.

Coping with Negative Feelings

Q: Why is it important to think about coping with negative feelings?

A: Some people smoke more cigarettes to help them cope with feeling anxious, stressed out, sad, depressed, angry, irritable, or frustrated.

Q: What can I do if smoking helps me cope with negative feelings?

A: Try any of the things listed below, and **plan ahead:**

General coping strategies:

- 1) Talk to someone.
- 2) Get help. / Solve the problem.
- 3) Talk to your doctor.



Coping with **Depression:**

Do more pleasant activities, such as: _____

Coping with **Anxiety** and **Nervousness:**

Do relaxation exercises or deep breathing.

Coping with **Irritability**, **Anger**, and **Frustration:**

Do relaxation exercises or deep breathing.

Take some time to yourself to calm down.



Coping with Negative Feelings

What can I do when I feel **sad** or **depressed**?



- talk to someone
- watch TV or a movie
- talk to someone
- read a book
- listen to music
- go to an AA or NA meeting

What can I do when I feel **stressed**, **worried**, or **anxious**?

- listen to relaxing music
- relaxation exercises
- deep breathing
- go for a walk
- distract myself by: _____



What can I do when I feel **angry** or **irritable**?

- take some space to myself/walk away from the problem
- talk to someone
- practice relaxation exercises or deep breathing
- go for a walk

My plan for coping with feelings without smoking:



- When I feel _____, I will try _____.
- When I feel _____, I will try _____.
- When I feel _____, I will try _____.
- When I feel _____, I will try _____.

The Cost of Smoking



How many **cigarettes** do I smoke each day? _____

How many **packs** do I smoke each day? _____

(20 cigarettes = 1 pack // 10 cigarettes = ½ pack)

How much do I pay for **1 pack** of cigarettes? \$_____

Cost per pack x # packs per day = **Cost per day:** \$ _____

Cost per day x 7 = **Cost per week:** \$ _____

Cost per week x 4 = **Cost per month:** \$ _____

Cost per week x 52 = **Cost per year:** \$ _____

What will I **do with the money I save** by quitting/reducing my smoking?

save my money

go to the movies

go out to eat

buy new clothes

buy music to listen to

buy books or magazines to read

save up for a vacation

go to the coffee shop

go to more fun places: _____



Coping with Feelings

What can I do when I feel **sad** or **depressed**?

- | | | |
|-----------------|-------------------------------------|---------------------|
| talk to someone | eat something, like a healthy snack | watch TV or a movie |
| go to a group | go to an AA or NA meeting | read a book |
| listen to music | get help to solve the problem | talk to my doctor |



What can I do when I feel **stressed**, **worried**, or **anxious**?



- | | | |
|-----------------|-------------------------------|----------------------|
| talk to someone | listen to relaxing music | relaxation exercises |
| deep breathing | get help to solve the problem | talk to my doctor |
| go for a walk | distract myself by: _____ | |

What can I do when I feel **bored**?

- | | | |
|-----------------------------|-------------------------------------|---------------------|
| talk to someone | eat something, like a healthy snack | take a walk |
| read a book | visit a friend or neighbor | watch TV or a movie |
| listen to music | clean around the house | play cards |
| go somewhere I can't smoke: | _____ | |



What can I do when I feel **angry** or **irritable**?



- | | |
|--|-----------------|
| take some space to myself/walk away from the problem | talk to someone |
| practice relaxation exercises or deep breathing | go for a walk |

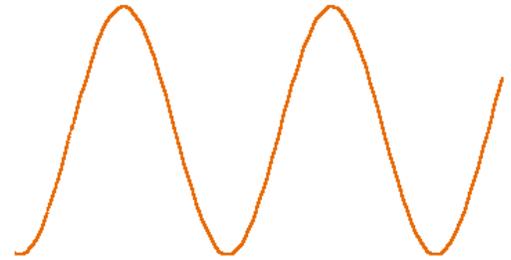
My plan for coping with feelings without smoking:

When I feel _____, I will try _____.

Coping with Cravings & Nicotine Withdrawal

What is a **craving**?

A craving is a very strong physical **urge to smoke**. It happens when the body wants the nicotine that it usually gets from cigarettes. Cravings can be caused by triggers (people, places, things, times, and feelings that you associate with smoking). The good news? Cravings usually last **5 – 10 minutes**, and the body craves less the longer you go without cigarettes.



What are my **cravings** and nicotine **withdrawal symptoms** like?



feel sad

have trouble sleeping

feel stressed

feel restless

have trouble thinking or concentrating

feel irritable or cranky

feel hungry

gain weight

have stomach pain

have gas

feel constipated

What can I **do** when I have a craving?

chew a piece of nicotine gum or use a lozenge

eat a healthy snack

chew a piece of regular gum or hard candy

deep breathing



do some exercises or go for a walk

plays cards

talk to someone

take a shower

write, draw, or knit to keep my hands busy



drink a glass of water

think about why I want to quit/reduce my smoking: _____

reward myself for not smoking by: _____

go somewhere I can't smoke: _____