




Having trouble quitting tobacco? Try these strategies to curb the craving during common high-risk situations where you could slip or relapse back to smoking.

- 01**  **Waking up**  
get right into the shower, brush teeth, go for a walk or exercise, get busy, change your morning routine.
- 02**  **Morning coffee**  
buy coffee on the way to work, skip coffee, wait until work to have coffee, switch to iced coffee.
- 03**  **When hungry**  
don't let self get too hungry, eat healthy meals, carry snacks with you, eat fruit, drink a lot of water or fat-free milk before you eat.
- 04**  **After meals**  
don't overeat, don't linger at the table, clean up immediately after eating, go for a brisk walk, make tea, have a popsicle, don't go into a typical smoke area after eating, use straws or toothpicks.
- 05**  **In the car**  
listen to a book on tape/CD, try new music, take a different route to work, avoid going into a gas station/store where cigarettes are easily seen, keep windows rolled up, have car cleaned to get rid of cigarette smell.
- 06**  **Breaks at work**  
avoid walking by smokers' break area, avoid leaving the building, bring something else to do like a book to read, talk or walk with non-smoking co-worker.
- 07**  **Stressed at work**  
ask for help, take a break, try deep breathing, call someone for support, avoid going outside, call a helpline.
- 08**  **End of workday**  
find other ways to reward self at the end of a long day (iced drink or magazine), drive a different way home, stay busy, do something enjoyable after work, exercise after work.
- 09**  **While on the phone**  
talk in a room you don't usually smoke in, have something to keep hands busy while on phone, doodle on paper, stretch, use a stress ball.
- 10**  **With partner who is smoking**  
ask partner not to smoke in front of you or in the home, don't sit next to them when s/he is smoking, ask them to hide cigarettes when not using them, ask them not to give you one even if you ask.
- 11**  **While working on home tasks**  
do fewer tasks in the beginning, use oral alternatives such as gum, mints, straws, or lozenges, ask for help, take lemonade or popsicle breaks.
- 12**  **Fighting with partner**  
try to avoid heated discussions for the first few days, if it gets too tense leave the house, exercise, find a fun activity, call friends for support, call a Helpline, go to mall or movies where you cannot smoke.
- 13**  **Waking up during the night**  
do a calm activity such as reading or watching TV in a room you don't usually smoke in.
- 14**  **While doing work at home**  
work in a different area of the house that you usually don't smoke in, use gum, mints, or other alternatives while doing work, try to avoid bringing extra work home.
- 15**  **At the computer**  
if cravings get to be too much then get off the computer, do other activities, exercise, or try using low-calorie alternatives like veggie snacks, use gum or mints.

## SOURCES

<https://www.nationaljewish.org/health-insights/smoking-and-tobacco-use/preparing/strategies-from-ex-smokers>



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