

Things You Can Do When the Craving Starts

Quitting smoking is not always easy, but with time, patience and effort, you can stay smoke-free. Here are some tips to help you kick the habit!

Instead of smoking...

- Do things that you like such as reading a book, working out, gardening or playing sports.
- *Keep yourself busy* — run errands, clean the house, wash your car, do crafts, play board games with friends.
- Keep your hands busy so you are not looking to grab a cigarette.
- Remind yourself about the reasons why you want to quit.
- Brush your teeth after meals or go for a walk.
- Chew on a toothpick, sugarless gum, carrots, celery sticks or drink water.
- Be active; try new workouts like yoga, Pilates, kickboxing, etc.
- Take a cold or hot shower.
- Call a friend or support person.
- Avoid places or things that remind you of smoking.
- Practice deep breathing to help you reduce stress.
- Reward yourself for not smoking by watching a movie or taking time out to relax.
- Take it one day at a time!

