

NAME AND TAME your TRIGGERS

Triggers

Being around others who smoke

Feeling bored

Drinking alcohol

Feeling hungry

Drinking coffee

Talking on the phone

Watching TV

Finishing a meal

Coping Techniques

Go places where smoking isn't allowed.
Tell your friends that you are trying to quit.

Find new ways to occupy your time, take a walk, read, find a new hobby.

Avoid drinking alcoholic beverages while you are trying to quit. Do not go to bars, especially one's that allow smoking.

Have a healthy snack or drink some water.

Switch to tea, or hold your cup with the hand you used to hold your cigarette in.

Put something else in your hand, such as a pen. Doodle on scrap paper.

Don't sit in your usual chair. Keep popcorn or low-fat, healthy snacks on hand.

Get up from the table and do something physical—take a walk.

For help on how to quit smoking, contact Mom's Quit Connection 888.545.5191