

## Smoking Strategies for Coping When Quitting

Here is a list of strategies to help you cope with not smoking. Try a few to see which ones may work best for you. If you find one that works well, highlight or draw a star by that strategy. For those that do not work, cross them out. At the end of the list, are blank lines to add more strategies that work for you.

1. Think about your reasons for quitting (such as, for your health, to save money).
2. Think about the health benefits, such as breathing easier, that you have felt from cutting down or not smoking.
3. Tell yourself, "Smoking is not an option."
4. Tell yourself, "This too shall pass."
5. Tell yourself, "Withdrawal symptoms, though unpleasant, are signs that my body is healing."
6. Tell yourself, "I am taking one day or one urge at a time."
7. Remind yourself that it gets easier with every urge you successfully manage.
8. Tell yourself "it won't last forever."
9. Challenge excuses to smoke (such as, "Just one cigarette won't hurt.")
10. Think about the things in your life for which you feel grateful.
11. Tell yourself "No" – say it out loud.
12. Leave the room if a friend, family member or coworker lights up.
13. Leave a stressful situation, if possible.
14. Avoid sugary or spicy foods that trigger a desire for cigarettes.
15. Avoid drinks that you associate with smoking (such as, switch from coffee to tea).
16. Spend time with non-smoking friends or family.
17. Spend time in places where you cannot smoke (such as, theater, library, museum or church).
18. Change your routine (such as, play with a pen while on the phone, take a walk right after meals).
19. Listen to relaxing music.
20. Practice deep breathing.
21. Stretch
22. Meditate
23. Learn to relax quickly and deeply – make yourself go limp and visualize a pleasing situation.
24. Exercise

25. Schedule something fun.
26. Go for a short walk.
27. Go swimming.
28. Go to the park.
29. Go to the library.
30. Do some yoga.
31. Go to a store and get a free make-up session.
32. Go to the movies.
33. Go to a mall.
34. Play mini-golf.
35. Spend time with a child.
36. Play with Silly Putty.
37. Play a game (Yahtzee<sup>®</sup>, Monopoly, checkers).
38. Get a camera and take pictures.
39. Write a letter or poem or in a journal.
40. Volunteer for an organization.
41. Clean out a closet.
42. Turn up the radio and sing at the top of your lungs.
43. Turn up the radio and dance like no one is watching.
44. Play with a pencil, paperclip or marble.
45. Go to a dollar store.
46. Call a friend or family member.
47. Try out a new hair style.
48. Play a game online or on your phone.
49. Put together a jigsaw puzzle online (JigZone.com).
50. Organize old pictures.
51. Polish your nails.
52. Play solitaire.
53. Pray or go to church.
54. Try a new recipe.
55. Go on a picnic.
56. Go to a bookstore.
57. Clean the basement or garage.
58. Watch the sun set.

59. Take a bubble bath or shower.
60. Wash the car.
61. Wash the dog.
62. Read a magazine or book.
63. Get on the internet.
64. Take a nap.
65. Play with your pet.
66. Clean out a messy drawer.
67. Start a reward fund – treat yourself with the money you are saving by not smoking.
68. Work on a crossword puzzle.
69. Drink orange juice.
70. Rent a movie or watch TV.
71. Play a videogame (such as, XBOX, PlayStation® or Nintendo).
72. Go to a sports or Little League event.
73. Drink a lot of water and fruit juice.
74. Have a mint.
75. Eat a healthy snack.
76. Brush your teeth or gargle with mouthwash.
77. Eat several small meals to maintain constant blood sugar levels and help prevent urges to smoke.
78. Go to the YMCA.
79. Chew on something (gum, cloves, straw, toothpick, stirrer).
80. Work on a household project or repair.
81. Make a list of your short-term goals and a plan for how you will accomplish them.
82. Organize your kitchen shelves.
83. Read to a child.
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