



# How To Cope With The Urge to Smoke

Especially during the first week

## 1. Relax - Deep Breathing

Try to keep cool, calm and collected.  
Take deep breaths:

- Breathe in fully through your nose.
- Hold the breath while you slowly count to four.
- Breathe out slowly through your mouth.
- Exercise helps prevent weight gain, can be relaxing and promotes deep breathing.

## 2. Overcome Dry Mouth & Throat - Drink Water

Unless your doctor tells you not to, drink a lot of liquids:

- Sip on ice-cold water or juice.
- Try herbal teas for flavor.
- Limit coffee, soft drinks and alcohol.
- Drinking more water and adding fiber from cereal, vegetables and fruit can also help with constipation and hunger.

## 3. Distract Yourself - Do Something Different

- Change your routine to avoid things that remind you of smoking.
- Go for a walk or some other healthy activity.
- Listen to relaxing music or watch a funny movie.

- Think about what you will do with the money you save.
- Keep your hands and mind busy with puzzles, knitting, playing cards, etc.
- Give yourself a pep talk – “I can do this.” I’m proud of myself for each day without smoking.

## 4. Delay Reaching For A Cigarette

- Remember the urge to smoke will pass in 3 - 5 minutes.
- If you feel frustrated, get away—take a nap or count to 100.
- Go easy on yourself. Break big jobs into small parts so you can focus.
- Have a low-calorie snack. Don’t skip meals, but do change your mealtime habits (get up from the table right away if you are used to having a cigarette then.)

## 5. Discuss Your Cravings With A Friend, Family Or Other Support

- Talking about the changes can help.
- Let others around you know you are quitting so they can be supportive.
- Remind yourself why you are quitting.
- Have them help you make a survival kit with:
  - Flavored toothpicks
  - Mints, hard candy, sugar-free gum
  - Straws or coffee stirrers
  - Playing cards, word games or puzzles
  - Learn to use a yo-yo or other skill with your hands
  - Bubbles for blowing