

## TIPS TO DEAL WITH CRAVINGS AND TRIGGERS

Situation	Tip
<b>FIRST THING IN THE MORNING</b>	<ul style="list-style-type: none"> <li>• Change your morning routine around. Maybe shower first before your morning drink</li> <li>• Drink your usual morning beverage in a room you would not let yourself smoke in or drink something else like an orange juice</li> <li>• Get up 10 minutes later to avoid time to sit and smoke</li> <li>• Don't forget your Nicotine Replacement Therapy (NRT) / Vape / Stop Smoking Medication</li> </ul>
<b>ON YOUR JOURNEY TO WORK</b>	<ul style="list-style-type: none"> <li>• Take an alternative route or get off at a different bus / tube stop</li> <li>• Carry something in your smoking hand</li> <li>• Listen to some music or a podcast</li> </ul>
<b>IN THE CAR</b>	<ul style="list-style-type: none"> <li>• Sing along to the radio</li> <li>• Have a bottle of water to sip or chew some gum</li> <li>• Focus your attention elsewhere by driving a different route</li> <li>• Remove the ashtray, car cigarette lighter and clean and freshen the interior. You will want to keep it nice for longer</li> </ul>
<b>DURING ROUTINE BREAKS IN THE DAY</b>	<ul style="list-style-type: none"> <li>• Spend breaks in a non-smoking area or stay inside at breaktime</li> <li>• Plan things to do on your breaks such as read a book or go for a walk</li> <li>• Spend your breaks with a non-smoking colleague</li> </ul>
<b>ON THE PHONE</b>	<ul style="list-style-type: none"> <li>• Have a pad and pen or fidget toy nearby to keep your hands busy</li> <li>• Take the call in a room you would not normally smoke in</li> <li>• Sip water or juice during your call</li> </ul>
<b>SOCIALISING OR ASSOCIATIONS WITH ALCOHOL</b>	<ul style="list-style-type: none"> <li>• Stick with the non-smokers in the group</li> <li>• Order soft / alcohol free drinks to avoid getting too drunk – avoid making wrong decisions</li> <li>• Ask friends not to offer you cigarettes</li> <li>• Ask one of your friends to be a quitting “buddy”</li> <li>• Concentrate on the food or the conversation</li> <li>• When others are smoking, have a Nicotine Replacement Therapy (NRT) product or vape</li> <li>• If you find it really hard, maybe avoid alcohol or nights out in the initial weeks to make it easier</li> </ul>
<b>AFTER MEALS</b>	<ul style="list-style-type: none"> <li>• Have something to do straight after eating such as washing up</li> <li>• Go for a walk</li> <li>• Move to a non-smoking room</li> <li>• Brush your teeth or chew gum</li> </ul>
<b>BOREDOM</b>	<ul style="list-style-type: none"> <li>• Save up those “little jobs” to do to fill the time</li> <li>• Read a book</li> <li>• Change the TV channel – watch something that requires more concentration</li> <li>• Sit in a different chair or room so you feel more of a change</li> <li>• Have healthy snacks nearby</li> <li>• Go for a walk</li> <li>• Maybe take up a new hobby</li> </ul>
<b>STRESS</b>	<ul style="list-style-type: none"> <li>• Remove yourself from the stressful situation even if only for 5 minutes</li> <li>• Try deep breathing or other relaxation techniques</li> <li>• Remind yourself that smoking increases general stress levels due to the body's craving for nicotine</li> </ul>
<b>FAMILY OR PARTNER THAT SMOKES</b>	<ul style="list-style-type: none"> <li>• Ask them not to offer you cigarettes or leave them lying around</li> <li>• Ask them to smoke in a different room or outside</li> <li>• Try to have at least one smokefree room as safe space for you</li> <li>• When others are smoking, have a Nicotine Replacement Therapy (NRT) product or vape</li> </ul>

