

Smoking: Strategies for Coping When Quitting

Following is a list of strategies to help you cope with not smoking. Try out different strategies below to see which ones work best for you. If you find a strategy that works well, then highlight that strategy or draw a star by it. For those strategies that do not work, feel free to cross them out. Be interactive with this list. At the end of the list, there are blank lines where you can add more strategies that you have found work for you.

1. Think about your reasons for quitting (e.g., your health, save money)
2. Think about the health benefits (breathing easier) that you've felt from cutting down or not smoking
3. Tell yourself that "Smoking is not an option."
4. Tell yourself, "This too shall pass."
5. Tell yourself that "withdrawal symptoms, though unpleasant, are signs that your body is healing."
6. Tell yourself that "you are 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 that "it won't last forever."
9. Challenge rationalizations to smoke (e.g., "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 (e.g., switch from coffee to tea).
16. Spend time with nonsmoking friends or family member.
17. Spend time in places where you cannot smoke (e.g., theaters, libraries, museum, church).
18. Change your routine (e.g., play with a pen while on the phone, take a walk immediately after meals).
19. Listen to relaxing music.
20. Practice deep breathing.
21. Do some stretches.

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, monopoly, checkers, etc.).
38. Get a camera and take some pictures.
39. Write a letter.
40. Volunteer for an organization you believe in.
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. Join an internet chat room.
46. Go to the dollar store.
47. Call a friend or family member.
48. Try out a new hair-do.
49. Watch TV.
50. Play a game online or on your phone.
51. Put together a jigsaw puzzles online (Jigzone.com).
52. Organize your boxes of pictures.
53. Alphabetize your CD rack.
54. Do your nails.
55. Play solitaire.

56. Pray.
57. Cook something.
58. Cook something with your children.
59. Go have a picnic.
60. Go to a bookstore.
61. Clean the basement or garage.
62. Watch the sun set.
63. Take a bubble bath.
64. Wash the car.
65. Wash the dog
66. Read a magazine or book.
67. Get on the internet.
68. Take a nap.
69. Call a friend.
70. Play with your pet.
71. Treat yourself to a beauty treatment.
72. Take a shower.
73. Clean out a messy drawer.
74. Start a reward fund – treat yourself with the money you are saving by not smoking.
75. Write a poem.
76. Go to church.
77. Work on a crossword puzzle.
78. Write in a journal.
79. Drink orange juice.
80. Rent a movie.
81. Play a videogame (e.g., XBOX, PlayStation, Nintendo).
82. Go to a sports or little league event.
83. Drink a lot of water and fruit juice.
84. Have a mint.
85. Eat something (peanut butter, crackers, carrots, pickles, pretzels, apples, celery, raisins, gum, licorice, yogurt, popsicle, sugar-free candy, sunflower seeds).
86. Brush your teeth.
87. Gargle with mouthwash.
88. Eat several small meals to maintain constant blood sugar levels and help prevent urges to smoke.

89. Go to the YMCA.
90. Chew on something (gum, cloves, straw, toothpick, stirrer).
91. Work on a household project or repair.
92. Make a list of your short term goals and a plan for how you will accomplish them.
93. Organize your kitchen shelves.
94. Read to your child/grandchild.
95. _____
96. _____
97. _____
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100. _____