

Coping strategies for different situations

An average craving will last about 5-7 minutes. They become less intense as you become more accustomed to not smoking as much.

SITUATION	POSSIBLE SOLUTIONS
Having a cigarette after a meal	<ul style="list-style-type: none"> • Clean your teeth after eating • Go for a walk even if it's only for 5 minutes • Do the washing up as soon as you finish your meal.
Having a cigarette when drinking a cup of coffee/tea	<ul style="list-style-type: none"> • Try drinking something different for example a glass of water, fruit juice or a herbal tea instead.
Having a cigarette when drinking alcohol	<ul style="list-style-type: none"> • Alcohol undermines your decision <u>NOT</u> to smoke. • Try drinking low alcoholic drinks • Avoid going to the pub or parties until you feel more confident.
Avoid difficult situations	<ul style="list-style-type: none"> • Try to avoid tense situations • Avoid arguments at home • Try To avoid being around smokers in the first instance.
Develop a support network	<ul style="list-style-type: none"> • Tell someone that you are cutting down so that they can support and encourage you. • Buy yourself rewards with the money you save.
Having a cigarette when bored.	<ul style="list-style-type: none"> • Make a drink • Go out for a walk or any other physical activity • Housework • Phone a friend • Do some isometric exercises e for example see how many step ups you can do in a minute, press ups against a wall, use a study chair to do some tricep dips • Read a book • Take up a hobby – needlework, woodwork
Having a cigarette when stressed or irritable.	<ul style="list-style-type: none"> • Go for a walk as this will help symptoms such as stress, anxiety, low mood and irritability. Walking produces chemicals in the brain that are associated with feeling better.
Smoking when driving the car	<ul style="list-style-type: none"> • Keeping mints or gum in the car which may help to keep cravings to a minimum
Having a cigarette when talking on the phone	<ul style="list-style-type: none"> • Keep a pen and paper nearby instead for doodling rather than smoking

Identify smoking triggers and try to avoid them – Triggers may be anything from driving, friends that smoke or post meal rituals.

Think of things you can do when a craving comes on and make a list.

Think positive. This can strengthen your will power and increase your confidence. Some people have said they say to themselves that they have chosen to cut down and list the benefits they want to achieve.