

July 17, 2008

TIPS ON HOW TO STAY SMOKE FREE



What to do when the quit day comes:

- ❖ Keep active
- ❖ Drink lots of water and juices
- ❖ Avoid high-risk situations where the urge to smoke is strong
- ❖ Think HALT – Don't get too Hungry, Angry, Lonely, or Tired
- ❖ Reduce or avoid caffeine or alcohol
- ❖ Use the four "A's"
 - AVOID. Certain people and places can tempt you to smoke. Stay away for now. Later on, you will be able to cope.
 - ALTER. Switch to soft drinks or water instead of alcohol. Take a walk when you used to take a smoke break
 - ALTERNATIVES. Use oral substitutes like sugarless gum, hard candy or sunflower seeds.
 - ACTIVITIES. Exercise or hobbies that keep your hands busy can help to distract the urge to smoke.

Things to do to get through rough spots after you stop smoking:

- ❖ If you miss the feeling of having a cigarette in your hand hold a pencil, a paper clip, an elastic band, or a marble for example
- ❖ If you feel like having something in your mouth, try toothpicks, a straw, cinnamon sticks, sugarless gum, hard candy or celery.
- ❖ Take deep, rhythmic breaths to relax, and picture your lungs filling up with fresh, clean air.
- ❖ Eat several small meals during the day instead of 1 – 2 large ones. This keeps your blood sugar levels constant, your energy balanced, and helps prevent the urge to smoke. Avoid sugary or spicy foods.
- ❖ Brush your teeth and enjoy the fresh taste.

When you get the “Crazies”:

- ❖ Keep substitutes to put in your mouth handy, such as carrots, pickles, apples, celery, raisins, or gum.
- ❖ Take 10 deep breaths, and hold the last one while lighting a match. Exhale slowly and blow out the match. Pretend it is a cigarette and put it out in an ashtray.
- ❖ Take a shower or bath
- ❖ Learn to relax quickly and deeply. Make yourself go limp. Think about a soothing, pleasing situation, and imagine yourself there. Get away from it all for the moment. Concentrate on that peaceful image and nothing else.
- ❖ Light incense or candle instead of a cigarette.
- ❖ Tell yourself “no”. Say it out loud. Practice this a few times and listen to yourself. Some other things you can say to yourself might be, “I’m too strong to give into smoking, “I’m a non-smoker now”, or “I do not want to let my friends or family down”.
- ❖ Never allow yourself to think that “one cigarette won’t hurt” because it may.
- ❖ Wear a rubber band around your wrist. Whenever you have a thought about smoking, snap it against your wrist to remind yourself of all the unpleasant reasons that made you want to quit in the first place. Smile, then go and grab a snack or walk outside and breathe in fresh air.