

Tips for Getting Through the Day Worksheet

There are many things that can make you feel like smoking. It may be a physical urge, where your body is craving nicotine. It may be associated with certain behaviors, like drinking coffee, driving, talking on the phone. It may be around social situations. It may be around your emotions, like feeling sad, frustrated, or stressed.

Check off the ones that are true for you, and add your own ideas to help you stay on track.

TIPS FOR MANAGING A PHYSICAL CRAVING

- I will talk to my Doctor or a Tobacco Treatment Specialist about using a product to help decrease the physical urges and cravings. Using a product can also help me feel less irritable and cranky.
- The physical urge to smoke will usually go away 3-5 minutes, so I will plan to do something to keep myself busy and distracted.
- Getting some physical exercise will make the urges less frequent and less intense.
- Doing some deep breathing can help me feel more relaxed.
- Drinking water can help me feel better while quitting, as well as give me something to do with my hands.
- Consider cutting down on caffeine. Caffeine can make withdrawal symptoms seem worse.
- I will _____

TIPS FOR MANAGING SOCIAL CHALLENGES

- If I live with a smoker, I will ask them to smoke outside.
- I will stop hanging out with my smoking friends for a while until I feel stronger.
- If someone offers me a cigarette, I will say 'no thanks'.
- I will have things with me for my mouth and hands like...gum/candy, a straw/coffee stirrer, or a toothpick.
- I will avoid drinking alcohol for a while as I often want to smoke when I drink.
- I will _____

TIPS FOR MANAGING MY EMOTIONS

- When I'm stressed I will remember that smoking only relieves withdrawal and doesn't help make the stress go away. In fact it creates stress in my body.
- I will take a walk. Exercise releases chemicals in my body that can help me feel better.
- I will do some deep breathing to help me feel more relaxed.
- I will call a friend or support person. Talking may help me feel better.
- I will write in a journal about how I feel instead of smoking over those feelings.
- I will watch a funny movie. Laughter releases chemicals in my body that can help me feel better.
- I will _____

TIPS FOR MANAGING BEHAVIORAL TRIGGERS

- If I usually use tobacco with alcohol, I will limit or stop drinking for the first few weeks of my quit.
- When in a car I will have something in my hand, like a bottle of water.
- When on the phone I will have a pen and pad of paper handy to doodle on.
- I will do something with my hands while having coffee, like a cross word or word search puzzle.
- I will change my morning routine, like drinking my coffee in a different place or showering first thing.
- After a meal I will get up from the table and do something else, like clean up the dishes or brush my teeth.
- I will try to limit my time I spend with other smokers.
- I will ask smokers to not smoke around me, and try to avoid smoking areas as much as possible.
- I will get some exercise when I feel like smoking.
- I will _____
- I will _____