

Problem Solving Strategies for Quitting

Possible Triggers	
* After meals	* Riding in a car
* Drinking alcohol	* Drinking coffee
* Watching television/listening to radio	* Parties
* Talking on phone	* Stress
* Relaxing, boredom	* End of the day
* Work break	* Celebrations
* Beginning of the day	* Others smoking

Possible Strategies	
* Keep mind and hands occupied	* Avoid alcohol
* Use prayer or meditation	* Support group
* Exercise	* Try something new
* Cut down on caffeine	* Change morning routine
* Do something special	* Brush teeth often
* Deep breathing	* Call someone
* Make list of reasons to quit	* Avoid other smokers