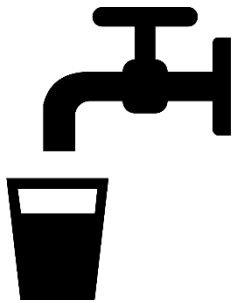


TIPS FOR DEALING WITH YOUR CRAVINGS



Drink Water

Focus on
Becoming
Tobacco-Free

Relax & Meditate



This Too Shall Pass

Try Something
New!



Exercise

Eat
YUMMY
Good Things!



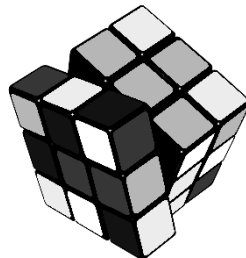
Visit Non-
Smoking Areas

Join
QuitNet.Com
a quit smoking
online community

Get Support



Embrace the
BRAND NEW
YOU!

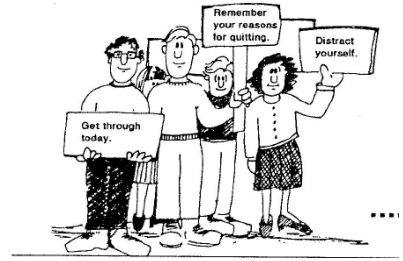


Distract Your
Hands & Mind

Be patient
with yourself.
It will happen!

WHAT TO DO WHEN A CRAVING COMES

(Adapted from ALA's Freedom from Tobacco)



HELPFUL TIPS

I'm feeling the urge! I really need a cigarette!

Tip: The urge passes whether you smoke or not. Acknowledge the urge and choose to do a positive action!

I'm hanging out with my friends and they asked me if I wanted a cigarette.

Tip: Kindly tell them no thank you, and explain that you are trying to be tobacco-free. Hanging out with friends who don't smoking can help too!

I couldn't resist and smoked a cigarette. I feel like it is too hard to be tobacco-free.

Tip: Don't be too hard on yourself! Becoming tobacco-free is challenging. Remind yourself of the number one reason why you decided to quit. And keep going!

I'm feeling stressed and I really need a smoke to help me relax.

Tip: Try taking a few deep breaths or some relaxation exercises. Use your deep breathing card

I don't know what to do when I am bored.

Tip: Try something new. Go on a walk, listen to music, read a book, do a cross-word puzzle. Anything that makes you happy!