



Know Your Triggers

When you decide to quit smoking, one of the best things that you can do is plan ahead for difficult situations.

You want to give yourself the best chance of succeeding. Knowing what “triggers” your cravings for a cigarette and planning ways to cope with these “triggers” will help you quit successfully.

Here are some common triggers and suggestions on how to deal with them.



After I Eat

Brush your teeth right after you eat. Wash your dishes by hand after meals. Eat at tobacco-free restaurants. Go for a walk. Get rid of all tobacco products.



When I'm in the Car

Clean the inside of your car and tell yourself that you will not smoke/vape in your clean car. Change your driving routes. Suck on lollipops whenever you have cravings in the car. Get rid of your car lighter, matches and any other lighters that are in your car.



When I Drink Coffee

Drink your coffee at tobacco-free coffee shops. Call a friend or relative when cravings hit. Drink your coffee while you take a bath. Drink your coffee with breakfast. Cut down on the amount of coffee you are drinking. Get rid of all tobacco products.



When I Watch TV

Go for a walk instead of watching TV. Get rid of all tobacco products in your house. Snack on veggie sticks or fruit. Read a book instead of watching TV. Do some arts and crafts while you watch TV (scrap booking, stamping, flower arranging, etc). File and paint your nails while you watch TV. Keep your hands busy.



When I Wake Up

Go for a walk when you get up. Shower and get dressed right when you wake up. Make a home cooked breakfast. Clean your house. Read the newspaper. Get rid of all tobacco products. Call a friend or a relative for support.



When on the Phone

Get rid of all tobacco products. Talk about how you are feeling. Draw on a piece of paper while you talk. Keep your hands busy with arts and crafts. File and paint your nails when you are on the phone.



When I'm Stressed

Get rid of all tobacco products. Practice stress reducers such as the four D's - Delay lighting up a cigarette, Deeply breathe, Drink lots of water, and Do something else. Take a bubble bath. Light a candle and meditate. Go shopping. Buy yourself something new. Go for a walk. Reach out to your support group. Call a friend. Rest or go see a movie.



When I'm at Parties

Have someone with you that supports your attempt to quit smoking. Stay away from the “smoking section” at the party. Skip the party until you feel ready. Let people know that you have just quit and ask them not to smoke/vape around you. Plan what you are going to do if you have a craving at the party.

What are some of your triggers and what can you do to avoid smoking/vaping?

