

Coping Skills to Help When You Quit Smoking



Quitting smoking can be stressful and uncomfortable; you may feel uncertain of what life without tobacco will be like, and if you can manage your days without it. Below are some tips that might help you to deal with daily challenges when you are quitting.

Tips for **Quitting Smoking:**

Substitutions for Cigarettes



- Hold similarly shaped objects like cinnamon sticks or toothpicks
- Chew on things like sugar-free gum, lollipops, or a straw

Nicotine Replacement



- Use nicotine replacement for as long as you need to; wear the patch daily and use the gum or lozenge when the urge to smoke cigarettes strikes



- If you slip and smoke while trying to quit, keep your patch on, be kind to yourself, and try again. The longer you can stay quit, the easier it will get to be tobacco free

Recreational Activities



- Call or text a friend
- Connect with your community or faith-based organization
- Listen to your favorite music
- Play a video game or do a puzzle
- Take breaks from watching news stories



Quitting is hard, but here are **tools to help you** along the way.

Healthy Living

- Take care of your body
- Go for a walk or do something else physical
- Try to eat healthy, well-balanced meals
- Get plenty of sleep
- Don't consume other drugs
- Take a shower or bath
- Brush your teeth
- Take deep breaths, stretch, or meditate
- Make time to unwind
- Reward yourself



Practice

- Talk about urges aloud
- Prepare for future situations that may make you want to smoke
- Practice saying no
- Recall that your urges will lessen with time
- Recognize when you need more help and ask for it
- Remind yourself of the benefits of quitting
- Picture and plan for your success

Remember: None of these things will make you feel how smoking makes you feel, especially at first, but they can help you distract yourself from the urge to smoke that will arise multiple times a day. If you can get through one day at a time, over time you will experience less stress, enjoy better quality of life, and (as applicable) more easily maintain your recovery from alcohol and other drugs.

Quitting is hard but you CAN quit, you CAN handle your life's stress without tobacco, and you DESERVE to live the longer, healthier life that quitting can bring.

For additional resources, see:

- tinyurl.com/quitcrave
- tinyurl.com/cdcquittobacco

Get support to quit:

- Call the Quitline: 1-800-784-8669
- Find a support group: nicotine-anonymous.org