

Tobacco Triggers

<input type="checkbox"/>	Stress	<input type="checkbox"/> Breathe in and out slowly and deeply 10 times; imagine a peaceful scene. <input type="checkbox"/> Relax the muscles around your mouth, jaw, neck, shoulders, and hands.
<input type="checkbox"/>	Drinking coffee	<input type="checkbox"/> Change your location and use a different cup. Try changing from coffee to tea or juice until tobacco free.
<input type="checkbox"/>	Boredom	<input type="checkbox"/> Start exercising by going for walks or going to the gym. <input type="checkbox"/> Stay busy with hobbies, games, puzzles, or reading.
<input type="checkbox"/>	On a drive	<input type="checkbox"/> Clean out the car, including the ashtray. <input type="checkbox"/> Keep healthy snacks handy, like carrots or celery.
<input type="checkbox"/>	On the phone	<input type="checkbox"/> Try using a different phone or change your location. <input type="checkbox"/> Keep straws or rubber bands available to play with.
<input type="checkbox"/>	After meals	<input type="checkbox"/> Don't linger at the table. <input type="checkbox"/> Go somewhere smoking is not allowed, for example, the mall or movie theater.
<input type="checkbox"/>	Anger	<input type="checkbox"/> Run, swim, walk, or go for a bike ride to let it out. <input type="checkbox"/> Talk to people about how you are feeling.
<input type="checkbox"/>	Social events	<input type="checkbox"/> Cut down on or avoid alcohol for about the first three months. <input type="checkbox"/> Keep your hands busy with a straw.
<input type="checkbox"/>	Relaxing	<input type="checkbox"/> Pursue a new interest or hobby. <input type="checkbox"/> Read, listen to music or play a sport with some friends.
<input type="checkbox"/>	Feeling blue	<input type="checkbox"/> Get up and go somewhere—a movie, mall, park, gym, downtown—do anything that can help lift your mood. <input type="checkbox"/> Take your dog for a walk.
<input type="checkbox"/>	Need a break	<input type="checkbox"/> Get out for a little while with a supportive friend. <input type="checkbox"/> Take a short walk, stretch, surf online, or read a good book.
<input type="checkbox"/>	Celebration	<input type="checkbox"/> Go somewhere fun or call a friend. <input type="checkbox"/> Window shop for the reward you could earn by staying tobacco free.
<input type="checkbox"/>	After sex	<input type="checkbox"/> Talk, take a shower or change your routine. <input type="checkbox"/> Brush your teeth or wash your face.
<input type="checkbox"/>	Anxiety	<input type="checkbox"/> Breathe deeply, close your eyes and picture a calm setting. <input type="checkbox"/> Call a friend and talk about your fears.
<input type="checkbox"/>	Hunger	<input type="checkbox"/> Drink some water or eat a healthy snack. <input type="checkbox"/> Brush your teeth after eating.
<input type="checkbox"/>	Inability to focus	<input type="checkbox"/> Take a break; stretch and walk around. <input type="checkbox"/> Make a list of things you need to do.
<input type="checkbox"/>	Other	

This document is for general information only and is not intended as a substitute for professional medical care.