

Quitting Tobacco: Enjoying Coffee and Tea ... Without Smoking

What To Expect

- Expect that your morning coffee will not taste the same without a cigarette.
- Expect to feel a strong urge to reach for a cigarette while drinking coffee or tea.

Did You Know?

- Many smokers are used to smoking when drinking coffee or tea during or after meals, during coffee/tea breaks, in the office, or in restaurants.
- You do not have to give up coffee or tea to quit smoking.

What To Do

- If you used to smoke while drinking coffee or tea, tell people you have quit, so they won't offer you a cigarette.
- Between sips of coffee or tea, take deep breaths to inhale the aroma. Breathe deeply and slowly, while you count to five, breathe out slowly, counting to five again.
- Try switching to decaffeinated coffee for a while, particularly if quitting has made you irritable or nervous.
- Try nibbling on healthy foods to keep your hands busy while you drink coffee or tea.
- As you drink your coffee, get out a scratch pad, doodle, or make plans for the day.
- If the urge to smoke is very strong, drink your coffee or tea faster than usual and then change activities or rooms.

Nicotine and Your Body and Mind

- Many studies have reported that smoking may make you feel happier and more alert. Smokers may associate these good feelings with drinking coffee or tea. When you quit smoking, you may feel saddened by the loss of these good feelings, and drinking coffee or tea without smoking may make you feel even sadder. Try not to feel sad; think of what you've gained by quitting.

Related Notes

- Nicotine cravings may be reduced by using nicotine replacement products, which deliver small, steady doses of nicotine into the body. Nicotine replacement patches, gum, lozenges, nasal spray, and inhaler appear to be equally effective. Bupropion pills (which don't contain nicotine) also help relieve withdrawal symptoms.



How To Get Help

- If you or someone you know wants help with giving up tobacco, please call the National Cancer Institute's Smoking Quitline toll-free at 1-877-44U-QUIT (1-877-448-7848). The information specialists on the Quitline can provide suggestions and support to help smokers break the habit.
- The Federal Government's Smokefree.gov Web site (<http://www.smokefree.gov>) allows you to choose the help that best fits your needs. You can get immediate assistance:
 - View an online step-by-step cessation guide.
 - Find state quitline telephone numbers.
 - Instant message an expert through NCI's *LiveHelp* service.
 - Download, print, or order publications about quitting smoking.

This fact sheet was adapted from material developed by the Tobacco Education and Prevention Program of the Arizona Department of Health Services and the Arizona Smokers' Helpline of the University of Arizona.

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