

## Tobacco Cessation: A Prescription for Life

**Coping with the urge: Avoid or prepare to handle people, places, and things you associate with smoking.**

- After meals, get up and take a walk or brush your teeth.
- Change the order of your morning routine.
- Eat lunch in a different location.



**Remind yourself that you're a non-smoker/dipper and have good reasons for it.**



**When an urge to smoke or dip hits, get up and do something else that makes smoking difficult.**

- Put something else in your mouth – carrots, sunflower seeds, celery, raisins, sugarless gum.
- Keep a daydream ready to go – plan a vacation or project.
- Try gardening, exercise, washing the car, going to non-smoking buildings like movie theaters.
- Breathe in deeply and slowly while you count to five.

**So you slipped:**

- Remember that withdrawal symptoms such as anxiety, irritability, mild headache, or constipation are only temporary.
- One slip doesn't mean you're a failure or that you can't be a non-smoker, but it's important to get yourself back on the non-smoking track right away.
- Identify the trigger. Decide now how you'll cope with it when it comes up again.



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