

Here are your smoking risk situations and the strategies you chose to help overcome them.

BEING PREPARED WITH QUIT STRATEGIES

QUIT STRATEGIES

WHAT TO TRY AND WHY IT MAY BE EFFECTIVE

Talk it out.

Your friends are committed to helping you. So call someone or visit a friend. Hearing a friendly voice and talking for a few minutes may be just the distraction you need. And it can get you thinking about something other than smoking.

Remember, the GETQUIT Hotline is there to help you 24/7 at 1-877-COACH-09 (1-877-262-2409). And GETQUIT Coaches are available from 8 am to midnight Eastern Time, seven days a week.

Do something active.

Exercise. Walk. Bike. Work in the garden. Do the dishes by hand. Just do something active. Give your body something to do. This may also energize you and make you feel healthier. And less inclined to do something toxic.

Go somewhere you can't smoke.

Visit a non-smoking friend's home, or go to the movies or a mall. Knowing that you're in a place where you can't smoke can take some of the pressure off you.

Leave the situation.

Your urge to smoke may go away if what's causing it is no longer in front of you. Are you near someone who's smoking? Go for a walk and focus on something else. In addition to focusing your attention elsewhere, it can help you clear your head and even your lungs.

If you're in a situation you can't quite leave, just take a quick bathroom break. Wash your hands and look in the mirror. Give yourself five minutes to get past the urge. In any situation, use your break to recognize how great you've been doing.

Switch your routine.

By switching your routine, you're altering your behavior. You're breaking patterns and the links you've formed between smoking and certain activities. So try new things! Drink tea instead of coffee. Walk to work if you can. Eat breakfast somewhere else.

Go somewhere you can't smoke.

If you can, sit on the floor. Or just change the position you're in. Then close your eyes and try to shift your focus from smoking to something else. Like the positive reasons for quitting. Think of yourself as a nonsmoker and see yourself living a life without cigarettes. You might want to think about how good it will feel tomorrow knowing that you didn't give in to the urge to smoke.

Take a shower.

The average shower takes 5-10 minutes. And that might be all the time you need to get past an urge. Plus, a quick shower can give you a clean, smoke-free feeling that you probably won't want to lose.

Keep your mouth busy.

Brush your teeth. Chew gum or crunchy low-fat snacks. You might even want to try cinnamon sticks from the supermarket. You can handle them like cigarettes and chew on them, too! The idea is to put something else in your mouth besides a cigarette until the urge is gone.

Or, you could make out. Seriously. If you have a significant other, kissing is a great way to keep your mouth busy. And it might make you feel like a teenager again.

Take several deep breaths.

Take the deepest breath you can and slowly exhale while bringing your chin to your chest. As you exhale, close your eyes and imagine tension and toxins being gently expelled from your body with each breath. Go slowly and repeat three times. If you're concentrating on your breathing, you won't be thinking about smoking. And by the time you're done, the urge to smoke may be gone.

Carry a water bottle / drink water.

Drinking lots of water will keep you hydrated. And it may help you detox.

Keep your hands busy.

Reorganize the closets. Clean out the garage. Try squeezing a stress ball. Doodle. Or even knit. You'll be giving idle hands something better to do than reach for a cigarette.