



Staying Tobacco Free

Tips to Help You Stay Tobacco free

- Remember to use the "5 D's" when you get the urge to smoke
- Never forget why you stopped smoking
- Never take even a puff of another cigarette
- Avoid dangerous situations (boredom, alcohol, stress)
- Don't rationalize and think you can have just one
- Reward yourself
- Be proud of trying to stop smoking
- Begin to think of yourself as a nonsmoker
- Make some specific plans for handling difficult situations
- Remember many people slip and have a cigarette, don't be too hard on yourself
- Just get yourself "back on track" and use it as a learning experience

The "5 D's"

Delay a minute or two and the urge will pass.

Drink water to fight off cravings.

Do something else to distract yourself.

Deep breathe- it will relax you.

Discuss your thoughts and feelings with someone close to you.

Another Smoker in the Household

Seeing a person in your household light a cigarette will usually trigger the impulse to smoke, even if you hadn't been thinking of smoking until then. It is important that you plan for these situations.

- It is important that you ask for cooperation from the smokers in your home
- Ask family and friends to respect your decision to stop smoking
- Ask if they will agree to stop smoking around you
- Ask others to be at least be mindful of their cigarettes, by not leaving open packs lying around, emptying ashtrays regularly and taking their cigarettes with them when they leave
- Suggest they contain their smoking to the outside, or at least a designated room.
- Be aware that it may take a degree of assertiveness to gain cooperation



Social Situations

Being prepared is key for a new nonsmoker foreseeing a social event where cigarettes will be available. Below are some tips to help you stay a nonsmoker in social situations.

- Remember your reasons for stopping smoking; those reasons remain valid, even though you will be in this situation
- Visualize yourself as a nonsmoker before you are in the situation
- Decide what to say if offered a cigarette. "No, thanks, I've stopped smoking" is usually effective
- Decide what your limits are regarding others' smoking. This is particularly important when the social occasion is happening in your own living space. Think about how you can tell others your limits; practice saying it out loud
- Take note of what other nonsmokers are doing in that situation
- Avoid alcohol. Its effect will make you more likely to rationalize, or forget your reasons for becoming a nonsmoker
- Bring a "prop"; something to keep your hands and/or mouth busy

Holidays

Holidays can be a stressful time for anyone, but sometimes are especially hard for peoples trying to stay smokefree

- ✓ Be prepared (see social situations)
- ✓ Manage your time and money effectively, so that you feel less stressed
- ✓ Avoid intensely stressful situations, if possible, or modify your plans
- ✓ To deal with depression: keep busy, do enjoyable activities you might not otherwise have time for
- ✓ Holidays are associated with lots of food and often overeating and over drinking
- ✓ Avoid alcohol. Its effect will make you more likely to rationalize or forget your reasons for becoming a nonsmoker; and drinking alcohol and smoking usually goes hand-in-hand, so it will likely increase your craving for a cigarette.
- ✓ Be aware of what you eat, while allowing yourself some treats
- ✓ Eat healthier, smaller portions
- ✓ Drink water and eat a healthy snack before a social event involving food
- ✓ Don't be too hard on yourself if you do gain some weight; most people gain some weight during the holidays, and in fact, during the winter in general

