

CONTROLLING URGES

Your first few weeks as a non-user of tobacco may present some difficult moments. You'll have the stress of quitting, as well as the usual stressors in your life. Be prepared, so that you never need to reach for tobacco products. Take a walk for 5-10 minutes. Finding something else to do with your hands. Chew gum, straws or cinnamon sticks. Start a hobby, like gardening, wood-working, needle-point or sewing.

When an urge to smoke hits, you will be using effective techniques for resisting the urge. Practice the techniques and exercises below, so that you will know how to use them. You'll be learning many others in the weeks ahead.



DO DEEP BREATHING

1. Relax by taking a deep breath in through your nose or mouth.
2. Hold in the air for 3 seconds.
3. Exhale slowly through your mouth, with lips puckered.
4. Repeat as many times as necessary until the urge leaves.

PRACTICE THE EX-SMOKER'S RITUAL

1. Think of a negative consequence of smoking.
2. Imagine that consequence for 15 seconds.
3. If the urge persists, imagine the scene for another 15 seconds.
4. Keep this up until you are no longer aware of the urge.
5. Then reward yourself by imagining a soothing, restful scene (ie., the ocean, a forest or mountain) for 15 seconds.

REAFFIRM YOUR CHOICE TO QUIT TOBACCO USE

- ♦ No matter how strong the urge, you are stronger.
- ♦ Using tobacco is no longer something you have to do.
- ♦ You can stay stopped.
- ♦ You have control!

