

Ideas for specific triggers

Remember, just one cigarette can undo all your hard work. Cravings will pass!

Trigger	Ideas to help
First thing in the morning	<ul style="list-style-type: none"> Clean your teeth and think of the taste of stale cigarettes
On the way to work	<ul style="list-style-type: none"> Take a different route
Work breaks	<ul style="list-style-type: none"> Go for a quick walk outside if you can. Or sip slowly on a glass of water.
Lunchtime	<ul style="list-style-type: none"> Go somewhere or eat something different. Do some exercise. Go for a walk with your colleagues.
After finishing a meal	<ul style="list-style-type: none"> Find other ways to close a meal. Play a tape or CD, eat a piece of fruit, get up and make a phone call. Get up from the table and clean teeth, or do something else- even if it's the washing up! Change the daily schedule. Eat at different times, sit in a different chair, rearrange the furniture.
Coffee	<ul style="list-style-type: none"> Change any drinks you normally associate with smoking. Try a fruit tea or water instead.
Alcohol	<ul style="list-style-type: none"> If at all possible, don't drink alcohol for the first week or 2 of stopping, and if you do, try to make it a smoke-free environment. Change your usual drink. This way you lessen the association between the situation and having a cigarette
Pub/party	<ul style="list-style-type: none"> Avoid for the first couple of weeks if you can - watch videos, go to the cinema. The Island's pubs and restaurants are now smoke-free which should help.
Being with other smokers	<ul style="list-style-type: none"> If there are certain friends you always smoke with, warn them in advance that you're stopping. Ask them not to offer you a cigarette and encourage them to think about stopping too. Stay in a smoke-free environment as much as possible Spend more time with your non-smoking friends or friends who are supportive of you quitting Or you may want to ask smoking friends not to smoke around you.
Reading	<ul style="list-style-type: none"> Have a pen or pencil to hand to fiddle with and try chewing sugar-free gum
In the car	<ul style="list-style-type: none"> Have your car cleaned inside, empty out the ashtrays, and get an air freshener. It'll put you off the idea of polluting it with cigarette smoke. If you normally smoke while driving, try taking the bus instead, or sing!
On the phone	<ul style="list-style-type: none"> Have a notebook and pen to hand and doodle. Hold a straw or an inhalator.
Waiting for a bus/train	<ul style="list-style-type: none"> Keep a book or newspaper on you and read it. Knit!
Stress and anxiety	<ul style="list-style-type: none"> Although smokers believe that a cigarette relieves stress, the opposite is actually true. Nicotine is a stimulant and makes the heart beat faster. However it can seem as though it relieves stress, partly because each cigarette is actually relieving a withdrawal symptom and partly because smoking involves taking longer, deeper breaths, and taking some 'time out'. Try simple relaxation techniques, such as counting slowly to ten, stretching, taking deep breaths. Ask your advisor for a sheet on relaxation/stress.
Feeling down	<ul style="list-style-type: none"> Exercise releases 'feel good' chemicals in the brain, which can help lift black feelings and make you feel more optimistic. It has also been shown to help people quit. Try to be more active and keep busy, even if it's a short walk. Try other things such as massage, aromatherapy, sleep, yoga.

Coping with cravings

Distract yourself

- Make a list of projects to tackle - anything really involving. Keep busy!
- Get physical - it can boost your mood too
- Change your surroundings: get up and move about or do something else
- Go for a quick stroll, or to another room
- Change your normal routine
- Walk, swim or cycle - all great forms of exercise
- Or tackle hard physical tasks around the house or garden
- Take a shower or warm bath

Distract your thoughts

- Tell yourself 'I choose not to smoke'
- Tell yourself 'This feeling will soon pass'
- Remind yourself why you want to stop smoking
- Imagine how good you'll feel when you stop
- Take long, slow, deep breaths and focus on your breathing - but don't over breathe
- Stock up on absorbing reading or puzzles

Distract your hands

- Use your stress balls, try worry beads, card games, or puzzles
- Get busy with crafts or hobbies

Distract your mouth

- Gently brush your teeth or use a mouthwash
- Stock up on low-calorie nibbles such as carrot, celery or apple
- Chew sugar-free gum or try sugar-free mints
- Slowly sip cold water or juice, or half-and-half
- Cut a drinking straw into cigarette-sized pieces. Inhale air! Or try toothpicks.

Use your stop-smoking aids

- If using Nicotine Replacement Therapy (NRT), don't skimp: use according to instructions
- Use your NRT gum, etc. before the craving gets too strong
- You may do better with a stronger product - take advice
- Use your support system
- Arrange another session with your Stop Smoking Advisor- or contact Quit4You on **642404** or **tobacco@gov.im** for details about local Quit4You services available
- Ring the NHS free helpline: 0300 123 1044 (Mon-Fri, 9am-8pm & Sat-Sun, 11am-4pm)
- Talk to supportive friends or family
- Talk to someone who has quit smoking

Adapted from 'The Really Helpful Guide to Running Stop Smoking Sessions: ASH in Wales, 2001'