PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

DEALING WITH CRAVINGS

There are times, places and situations that will trigger the urge to smoke, even after you have stopped feeling withdrawal symptoms. It is important to be aware of what triggers your cravings and have some strategies for coping with them.

Some common triggers include:

- coffee or alcohol
- other people smoking
- first thing in the morning after school or work
- talking on the phone
- driving in the car
- after eating
- at parties
- stress
- anger
- feeling lonely or sad
- feeling bored

Try using the 4 Ds

Drink plenty of water - between 6 and 8 glasses per da
Delay for 5 to 7 minutes. The urge should pass.
Do something else.
Deep breathing.

Other ways to cope with cravings include:

- Write down your plan for quitting, which can include your reasons, potential pitfalls, stages of progress, and how you'll deal with temptations.
- Think positively, especially by focusing on one day at a time and on each of your achievements. Be sure to ask for help and support from family and friends. Having at least one friend you can count on and share your feelings with may improve your chances of quitting for good. If your partner smokes, see if you can encourage him or her to join you on your journey.
- Decide whether you're going to quit cold turkey or gradually, and what kind of professional support services you want to use, if any. You may want to consider counseling, group programs, nicotine replacement therapies or prescription medications.
- Learn about and prepare yourself for possible withdrawal symptoms.
  If you slip, don't be too hard on yourself. Keep focused on sticking to your quit plan. Look at what triggered the lapse and figure out how to handle it differently next time. A slip or two does not mean you've foiled in your effort to quit.
- Don't worry about weight gain. It doesn't happen to everyone and is often insignifi cant when it does. Control it by sticking to the same diet you usually eat, choosing low-calorie snacks, and by increasing exercise and physical activity.
- In the short term, stay away from social situations where others will be smoking
  Keep your home, car and workplace smoke-free
- Avoid alcohol and coffee. Choose water or fruit juices instead.
- Change your routine when you get up in the morning.
- Get up immediately after you eat and brush your teeth if it helps.
- Try to avoid situations that you find stressful.
- Continue to visualize yourself as a non-smoker.
- Remind yourself of why you quit smoking and the positive things you have experienced since you have quit. Remind yourself you can do it.
- Go for a walk or do some other physical activity.
- Reward yourself for not smoking by going to a movie or buying yourself a treat.
- Chew on a toothpick, chew gum or munch fresh vegetables.
- Do an activity that will take your mind off your craving, such as playing cards, listening to music, doing a crossword puzzle, doodling, or watching TV.

DAILY RECORD

Keep a daily record to keep track of:

1. what happens to you around cigarettes
2. what makes you crave a cigarette
3. what you do to follow your quitting plan

Tips for keeping track

- Write things down when they happen, not later.
- Be accurate. Try to write down the details every time a situation happens.
- Keep your notes simple. Filling the form out has to fit in with your usual habits.

COPING

Here's an example of the information you can collect to help you with your plan

Trigger	Behaviour/Actions/Thoughts/Emotions	Consequences
When did it happen?	Did you resist the urge to smoke? What did you do? Did one of your strategies work?	What happened as a result?
Who was there?	If you gave into the urge, describe what happened? Did you have more than one?	Was it pleasant or unpleasant?

DAILY RECORD

Trigger	Behaviour/Actions/Thoughts/Emotions	Consequences

Date _____

Source: Adapted from Health Canada's www.gosmokefree.ca Capital District Health Authority, Halifax and Department of Family and Community Medician at the University of Toronto.