PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

MANAGING CRAVINGS/TRIGGERS

- Chew on a toothpick
- Munch on raw veggies
- Drink ice water
- Play cards
- Doodle
- Watch television
- Get a breath of fresh air
- Brush and floss your teeth
- Splash cold water on your face
- Take a warm shower
- Hull sunflower seeds
- Chew on a straw
- Peel a large carrot and eat it slowly
- Sleep in
- Chew gum
- Go for a brisk walk
- Knit/cross-stitch
- Work on a crossword puzzle
- Shell peanuts
- Fold laundry

STRESS RELIEF

- Deep breathe
- Organize days to avoid tension especially around quit day
- Be physically active
- Take relaxation breaks

ENVIRONMENTAL CONTROL

- Make smoke-free zones (e g , home, car, garage)
- Get rid of all tobacco products and accessories such as matches, lighters and ashtrays
- Clean and deodorize your home
- Rearrange a room in your home
- Stock your fridge with healthy snacks
- Clean and deodorize your car
- Take a different route to work
- Put gum, sugar-free candies or mints in your car ashtray
- Put a no-smoking sign in your car
- Put a picture of a loved one where you once kept your cigarettes

SOCIAL SUPPORT

- Choose your quit supporters with care. Choose people you know have your best interest at heart
- Remind friends and family that you are quitting and ask for their support
- Talk to friends who have quit smoking
- Let friends and family know that you will come to them if you require their support
- Give friends and family specific examples of how they can support you
- Phone a friend
- Enlist a quitting buddy

THOUGHT MANAGEMENT / MOTIVATION

- Review your reasons for quitting.
- Tell yourself:
  - "I can do this. I am worth it."
  - "I can do this. People quit every day."
  - "I've overcome other big obstacles in my life."
  - "Smoking is not an option right now."
  - "I'm a puff away from a pack a day."
  - "I'm gaining my

4 D's

- Delay
- Do Something Different
- Drink Water
- Deep Breathe

- Reward yourself, rent a movie, buy something nice
- Calculate the amount of money you are saving
- Visualize yourself as a non-smoker

SOCIALIZING

- Avoid friends who smoke for a while
- Prepare and rehearse a standard line for refusing cigarettes
- Have an escape plan. Leave a risky situation by going for some fresh air, to the washroom, etc., until you regain control

700 – 4010 Pasqua Street, Regina, SK | S4S 2N9 | Tel: 306.359.7277 | Fax: 306.352.6770 | info@skpharmacists.ca