PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

## TRIGGERS AND STRATEGIES

Know what makes you want to smoke. Various situations can trigger your impulse for a reach for a cigarette.

A few of them may be:

- After a meal
- Anger
- Boredom
- Break/End of a work day
- Drinking coffee
- Driving
- Facing a family crisis
- Gaining weight
- Getting off or waiting for a bus or plane
- Having a drink with friends
- Meeting new people
- Reading the newspaper
- Seeing cigarette ads
- Stress
- Taking a work break
- Talking on the telephone
- Watching someone else smoke
- Watching TV
- Working under pressure

Your “smoking behaviour” has become so deeply rooted in your day-to-day activities that you may be unconscious of the habit of reaching for a cigarette. To give up smoking, you have to unlearn these habits by recognizing the triggers. What are some of your smoking triggers?

Eliminate smoking completely in two or three high risk situations or reduce your consumption. Make Smoking **DIFFICULT:**

- Change your smoking routine
- Change to a less desirable brand of cigarettes
- Only buy one pack at a time
- Discard your lighter; use matches
- Carry your cigarettes in a different place
- Wrap your carton with an elastic band
- Smoke with the opposite hand
- Hide all your smoking paraphernalia
- Inhale less of each cigarette and smoke less of each cigarette
- Delay in lighting up
- Cut back on the number of cigarettes you smoke in a day

http://www.sk.lung.ca/content.cfm?edit_realword=quit